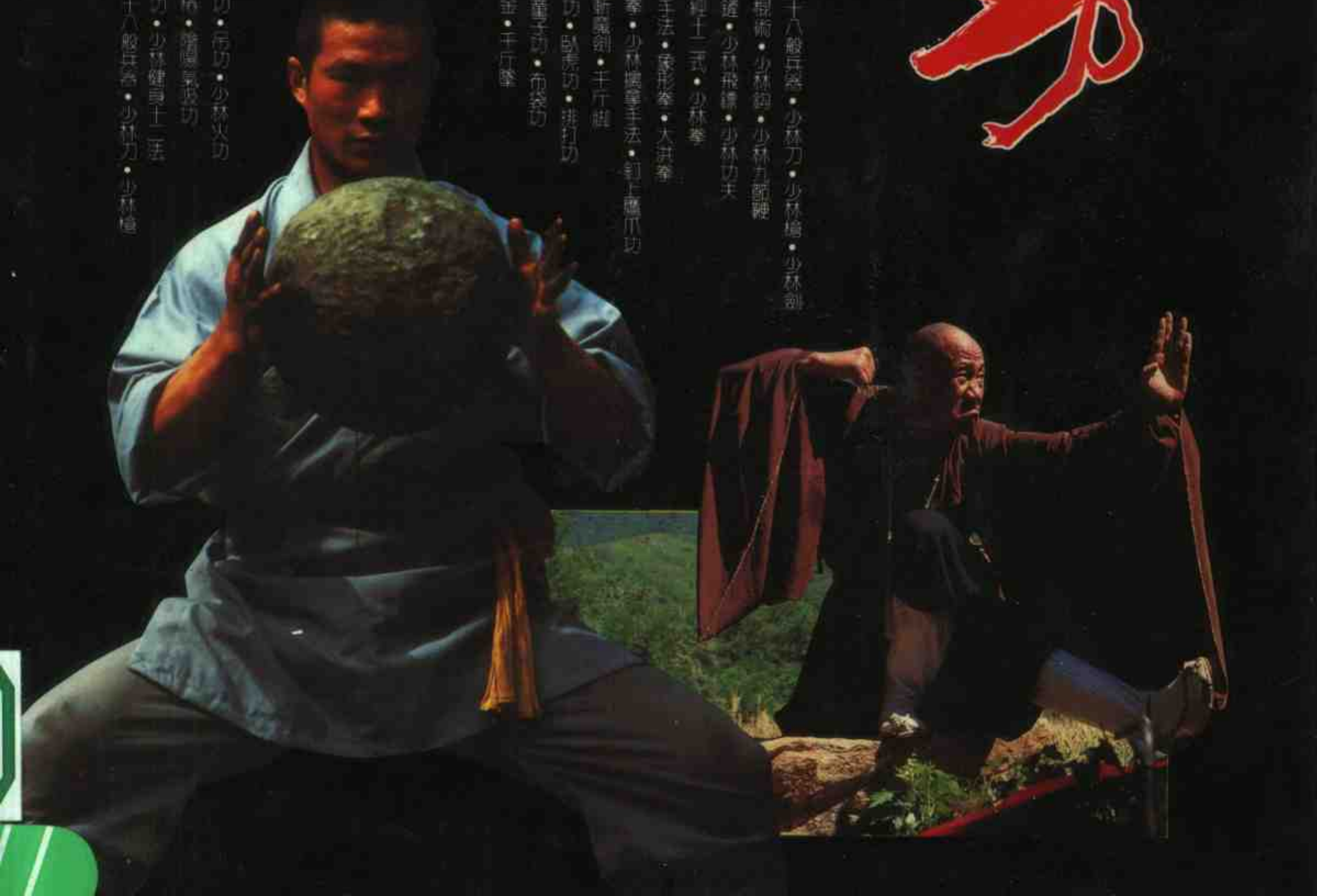
SHAOLIN KUNG-FU

少林武功

少林十八般兵器・少林刀・少林槍・少林劍
少林棍術・少林鉤・少林九節鞭
少林鏟・少林飛鏢・少林功夫
易筋經十二式・少林拳
實用手法・象形拳・大洪拳
小洪拳・少林擴掌手法・釘上鷹爪功
掌・斬魔劍・千斤腿
鐵頭功・臥虎功・排打功
少林童子功・布袋功
一指金・千斤墜

拔釘功・吊功・少林火功
梅花樁・陰陽氣波功
輕身功・少林健身十二法
少林十八般兵器・少林刀・少林槍



少林武功

河南美術出版社出版
河南省新華書店發行
東洋廣告印務公司承印
開本：889×1194 1/16 印張：10
1992年2月第一版
1992年2月第一次印刷 印數：1—3000册
ISBN7-5401-0246-2/J·164
定價：¥160 册

Published by Henan Art Publishing House
Distributed by Henan Xinhua Bookstore
Printed by East Asia Ad. £ Press Co.
ormat: 889X1194 1/16
Printing Limit: 10
First published 2/1992
Frist printed 2/1992
Impression: 1-3000 Copies
ISBN7-5401-0246-2/J_2 .164
Price: 160 yuan

Shaolin Kung-fu

少林武功

河南美術出版社

顧　　問：李長春
　　岳肖峽
　　秦科才
　　嚴文俊
主　　編：蔡流海
副 主 編：王效池
　　係肅顯
責任編輯：孫肅顯
撰　　文：馮永臣
攝　　影：王躍進
英文翻譯：程春芳
　　馮永臣
插　　圖：趙繼增
整體設計：劉　釗

Advisers：Li Changchun
　　Yue XiaoXia
　　Qin Kecai
　　Yan Wenjun
Chief editor：Cai Liuhai
Deputy chief editors：Wang Xiaochi
　　Sun Suxian
Executive editor：Sun suxian
Text composition：Feng Yongchen
Photographer：Wang Yaojin
English translators：Cheng Chunfang
　　Feng Yongchen
Illustration：Zhao Jizeng
Integrative designer：Liu Zhao

CONTENTS
目錄

前言.....7
少林十八般兵器.....19
少林刀.....23
少林槍.....26
少林劍.....28
少林棍術.....30
少林鈎.....35
少林九節鞭.....38
少林鏟.....41
少林飛鏢.....44
少林一路單刀.....46
少林梅花槍.....47
少林風火棍.....48
少林功夫.....51
易筋經十二式.....58
少林拳.....60
實用手法.....61
象形拳.....76
大洪拳.....81
小洪拳.....87
少林羅漢十八手.....93
少林擒拿法.....94
釘上鷹爪功.....97
掌.....100
斬魔劍.....102
千斤脚.....105
鐵頭功.....108
卧虎功.....114
排打功.....116
少林童子功.....118
布袋功.....120
玉帶功.....122
一指金.....124
千斤墜.....127
拔釘功.....128
吊功.....129
少林火功.....130
梅花樁.....134
陰陽氣吸功.....139
輕身功.....151
少林健身十二法.....154

PREFACE 7
The Eighteen Types of Shaolin Weapons 19
Shaolin Sword 23
Shaolin Spear 26
The Shaolin Sword 28
The Shaolin Cudgel 30
Shaolin Hook 35
The Shaolin 9 -- section Whip 38
The Shaolin Shovel 41
Shaolin Flying Dart 44
Shaolin Single Broadsword 46
Shaolin Plum - blossom Spear 47
Shaolin Fenghou wind and fire Cudgel 48
Shaolin Kung - fu 51
Twelve Styles of Yijinjing 58
Shaolin Boxing 60
The Hand Exercise 61
The Imitative Shaolin Boxing 76
Dahong Boxing 81
Xiaohong Boxing 87
Eighteen Forms of Shaolin Arhat 93
The Capturing Skills of Shaolin Kung - fu 94
The Hawk's claw Exercise 97
The Palm Exercise 100
The Sword for Killing Devil (the plam exercise) 102
Qianjing jiao (the foot exercise) 105
Tietougong (the exercise of head training) 107
The Ileing Tiger Exercise 114
Paidagong (the exercise of beating every part of the body with a woodbrick) 116
Shaolin Tongzigong (the Children's exercise) 118
Budaigong (the exercise of the abdomen) 120
Yudaigon (the exercise of arms) 122
Yizhijin (the exercise of head standing on one finger) 124
Qian Jin Zhui
(the exercise of hafting a big stone attached to the testes with a rope) 127
Badinggong (the exercise of pulling out the nails from a nailed wood plate) 128
Diaogong
(the exercise of hanging from a tree with a rope round the neck) 129
The Shaolin Fire Exercise
(the exercise of licking a burning hot iron shovel) 130
The Plum - blossom Stake Exercise 134
The Yin -- Yang Qixigong
(the exercise of attracting something on the belly by Qi) 139
The Light Exercise 151
The Twelve Methods of Being Healthy and Strong 154

PREFACE
前言

公元十五世紀末，正是我國北魏孝文帝太和年間，西域高僧跋陀來到中國，受到虔信佛學的孝文帝的禮敬。跋陀高僧"學務静攝，博通經文"，且又"性愛幽栖，林藪是托"。於是，孝文帝敕令在林木茂盛、景色幽美的少室山陰建造少林寺，請跋陀高僧在此落迹傳教。一時間，四面八方虔心向佛的人們聞風而至，紛紛投到少林門下。跋陀不僅注重佛法的傳教，還在衆弟子中造就了一批聰慧精幹、善好武技的弟子。其中惠光和僧稠倍受跋陀青睞，前者能在井欄邊上反踢毯子連續五百下之多，後者則一身武功超絶於世。可見少林寺建寺之日，亦正是少林寺僧人習武之風開始之時。

後來，另一印度高僧達摩從天竺來到嵩山，在少林寺初傳禪宗，並在寺後五乳峰上面壁九年。由於禪宗注重坐禪壁觀，修練時不免筋骨困頓，於是寺僧們便自創出一些舒絡筋骨的武功套路，以便在長時間坐禪後演練一番，從而消除困頓，强身健體，如易筋經、先天羅漢拳、十八手等等，可能是少林寺最早的幾種功夫了。

隋朝末年，朝廷風雨飄摇，烽烟四起，少林寺亦曾養起護寺僧兵。此後，以志操、惠、昙宗爲首的寺僧們救助秦王李世民，生擒王仁則，逼降王世充，立下了赫赫戰功。李世民做皇帝後，在少林寺封官賜爵，並明令少林寺可以豢養僧兵，至今少林寺内碑勒尚在。唐末五代，少林寺曾一度衰頽，至南宋又復中興。明代的少林寺僧，普遍習武，"以搏名天下"。當時，少林寺僧也曾參加沿海禦倭之戰。"驍勇雄杰"，數年屢立戰功。

明人王世性在《嵩游記》中説，少林"寺僧四百餘，武藝俱絶"，演出時，"拳棍搏擊如飛"。從中可略見當年少林衆僧習武演武之盛況。少林寺後殿專爲寺僧練武之用，設有兵器架，架上十八般兵器俱全，供練武僧人隨時取用。由于年復一年的練功，後殿磚地表面已磨出脚窩，至今仍清晰可見。白衣殿南北山墻上有清代繪制的各種拳勢的壁畫，有拳術對練和各種器械對練，生動地描繪了寺僧練武的情景，突出了少林拳手、眼、身、法、步和攻防要領。

少林寺附近民衆練武之風也極盛，並對少林武功的發展起了促進的作用。上千年來，中國各拳術門派的精華融匯于少林寺，少林寺實際成了武術集散地，並在長期發展中形成了少林派。少林寺也因此而名揚天下，所謂"武以寺名，寺以拳顯"，也不無道理。

少林拳術有套路172種之多(器械除外)，並有三十六外功和三十六内功，合稱七十二藝。原有木刻版拳譜留存寺内，但在1928年少林寺遭到歷史上第三次火焚，武功典籍已燒毁貽盡。由于少林武術確已形成係統，所以大部分仍能留傳至今。

今天，少林武術又爲世人所重視，並引起海外大批武術愛好者的矚目。新一代的少林武僧，正在挖掘失傳的絶藝，繼承、發揚少林功夫。更有一批有識之士，搜集資料，潛心研究，出版各類有關少林武術的典籍。我以八五高齡，看到古老的少林武術能重放異彩，是何等的欣慰。

中國嵩山少林寺方丈

By the end of the 15th century,which was the period of Taihe years of Emperor Xiao Wen in the Northern Wei Dynasty , an Indian monk called Ba Tuo came to China, and was highly respected by Emperor Xiao Wen, who piously believed in Buddhism. Ba Tuo was not only conversant with Buddhist classics, but also fond of living in a peaceful and secluded place with forest around. Hence Emperor Xiao Wen gave an order to build a monastery for monk Ba Tuo to disseminate Buddhism at the foot of Shaoshi Mountain, where the forest was luxuriant and the landscape was particularly beautiful . From then on,many Buddhists came to Shaolin Monastery one after another from all over the country.Ba Tuo layed stress not only on the imparting and teaching the Buddhism, but on bringing up a large number of disciples who were intelligent, capable and good at wushu.Among them Hui Guang and Seng Chou were most found favour in Ba Tuo's eyes, because Hui Guang could kick a shuttlecock over 500 times in a row on the rails round a water well, and Seng Chou was armed with superior Kung-fu. This obviously showed that the day of the founding of Shaolin Monastery was the begining day of practising Shaolin martial arts.

Later on, another Indian monk called Bodhidharma arrived in Songhsan and created the Chan sect of Buddhism in Shaolin Monastery. Facing the stone wall in a cave on the Wu Ru peak of Songshan Mountain, he sat in meditation for 9 years. Long time sitting in meditation caused the monks very tired, so the Shaolin monks created a routine of wushu by themselves for stimulating the circulation of the blood and relaxing the muscles and joints. The Yi Jin Jing, Xian Tian Luo Han boxing, Shi Ba Show, etc. were the earlist Shaolin Kung--fu.

By the end of the Sui Dynasty, the Imperial government was tottering and the flames of battles rose from all directions. In order to safeguard the Monastery, a monk soldier army was organized in Shaolin Monastery. Hereafter, the Shaolin monk soldiers headed by Zhi Cao, Hui and Tan Zong helped the Qin prince Li Shimin captured Wang Renze and forced Wang Shichong to surrender. After being the Emperor of Tang Dynasty, Li Shimin offered official posts and confered the titles of nobility upon Shaolin monks, and issued an order that Shaolin Monastery might have monk soldiers. It is recorded in an inscription on a stone tablet in Shaolin Monastery. From the end of the Tang Dynasty to the Five Dynasty, the Shaolin Monastery had been weak and degenerate for a time, and revived in the period of Southern Song Dynasty. During the Ming Dynasty, the Shaolin monks practised wushu universally and was well known to the whole country. At that time, the Shaolin monk soldiers also took part in the fighting against the Japanese pirates, and won one victory after another for several years.

It was described in "Songshan Travel Notes" written by Wang Shixing of the Ming Dynasty that "There are 400 monks and more in Shaolin Monastery, and all of them ex-

celd in martial arts". During the demostration, the wrestle with fists and cudgels was like a strong wind.

The last hall of Shaolin Monastery was specially used by the monks for wushu training.In the hall there are some weapon frames on which 18 types of weapons to be used at all times by Shaolin monks for exercise training. On the bricks floor of that hall there are many foot-- prints which were shaped by the monks' stamps year in year out.

In the Whiteclothes Hall there are two murals of various Shaolin boxing postures respectively on the north and the south wall which were painted in Qing Dynasty. The murals vividly depict the scene of Shaolin monks' skill training, and especially stree on the skills of hands, eyes, body, steps and the offensive and defensive essentials of Shaolin boxing.

The martial arts training of the villagers near the Shaolin Monastery became the regular practice, which promoted the development of Shaolin Kung-fu. In the past thousand years and more, the cream of various routines of the Chinese wushu was fused in Shaolin Monastery where actually became a collecting and distributing centre of wushu. In a long time of its development, the Shaolin school of wushu was formed.That's why the Shaolin Monastery is well known to the whole country, and the wushu was given the name of Shaolin.

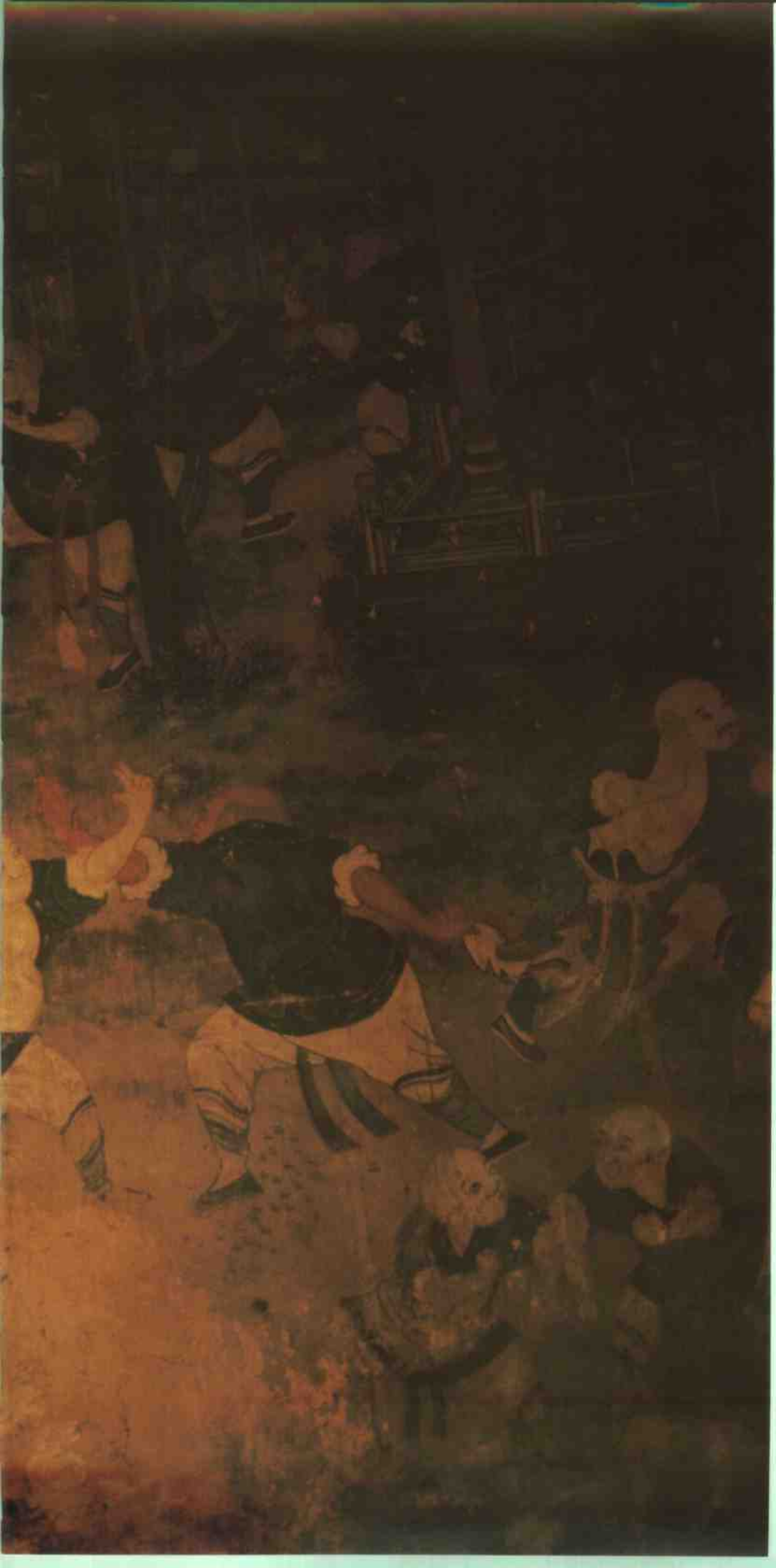
Subsequently, more than 172 routines of Shaolin boxing were created. Another 36 internal exercises and 36 external exercises were formed which were called in combination the 72 hand-combat arts of Shaolin. Originally the woodcut edition of Shaolin Boxing Manual was preserved in Shaolin Monastery. But in 1928 the Shaolin Monastery was destroyed by the third fire in the history, and all of the ancient books and records of Shaolin wushu were burned into ash. As a matter of fact, the Shaolin wushu at that time had been already formed into a system, so most of Shaolin wushu skills have been popularized even though some of them were lost.

Today, Shaolin wushu once again become more popular and many overseas wushu lovers focus thier attention upon the development of Shaolin wushu. The new generation of Shaolin fighting monks are now excavating the lost consummate art, inheriting and developing the Shaolin Kung-- fu. Even a large number of persons with breadth of vision are collecting some materials related to the Shaolin wushu, applying themselves to Shaolin wushu study and publishing various kinds of Shaolin wushu books.

I'm 85 this year and what gratified I am to see that the ancient Shaolin wushu is blossoming again in radiant splendour.

SHI DEQAN
The Abb of
Shaolin Monastery
China.

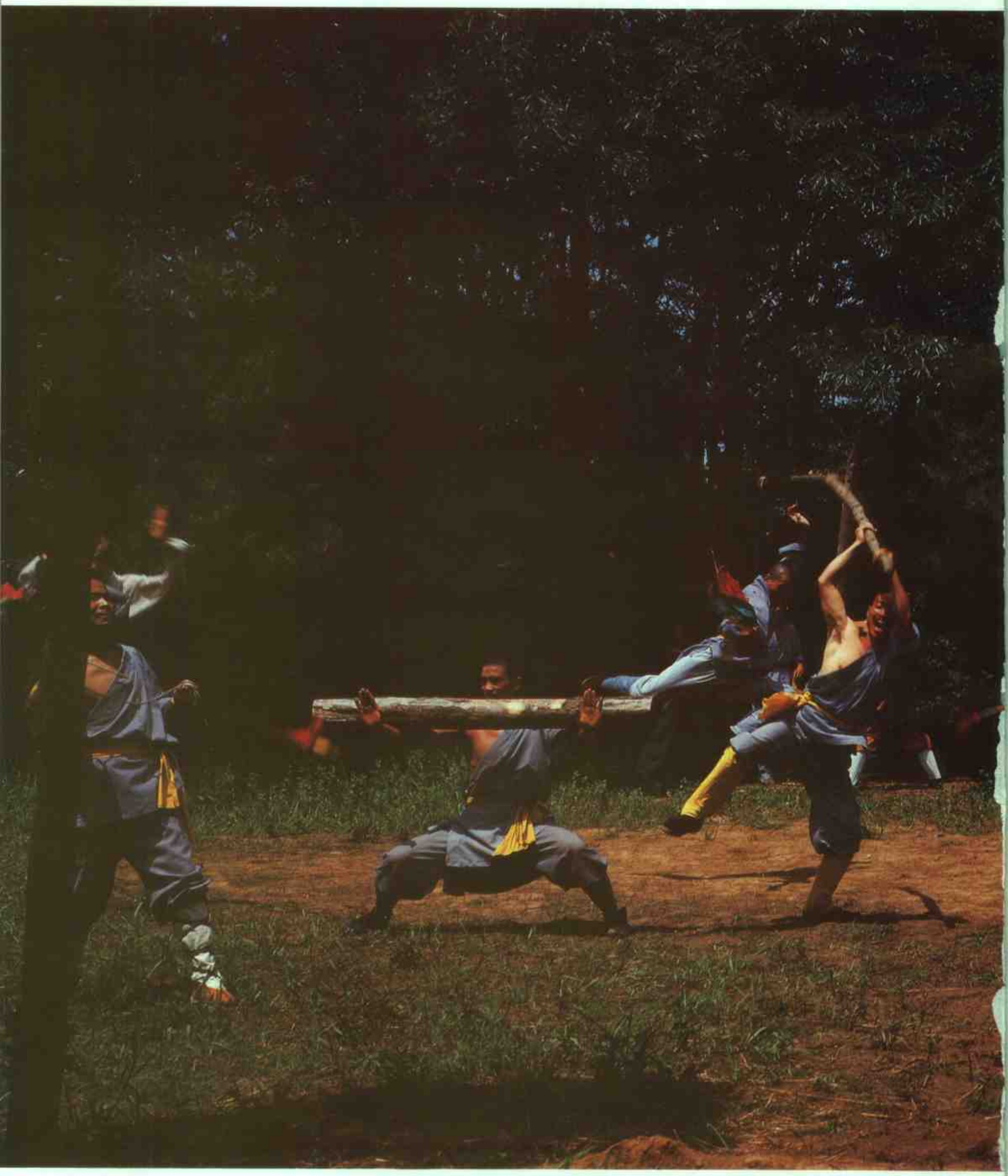
少林神威　The power of Shaolin



白衣殿拳譜壁畫
— 徒手對練

The mural of Shaolin boxing manual in the White Clothes Hall — bare — handled exerises

白衣殿拳譜壁畫——器械對練　The mural of Shaolin boxing manual in the White Clothes Hall—practice with arms



藏于密林深處的少林武僧練功場　The training yard of Shaolin fighting monks hidden in the deepest of thick forest

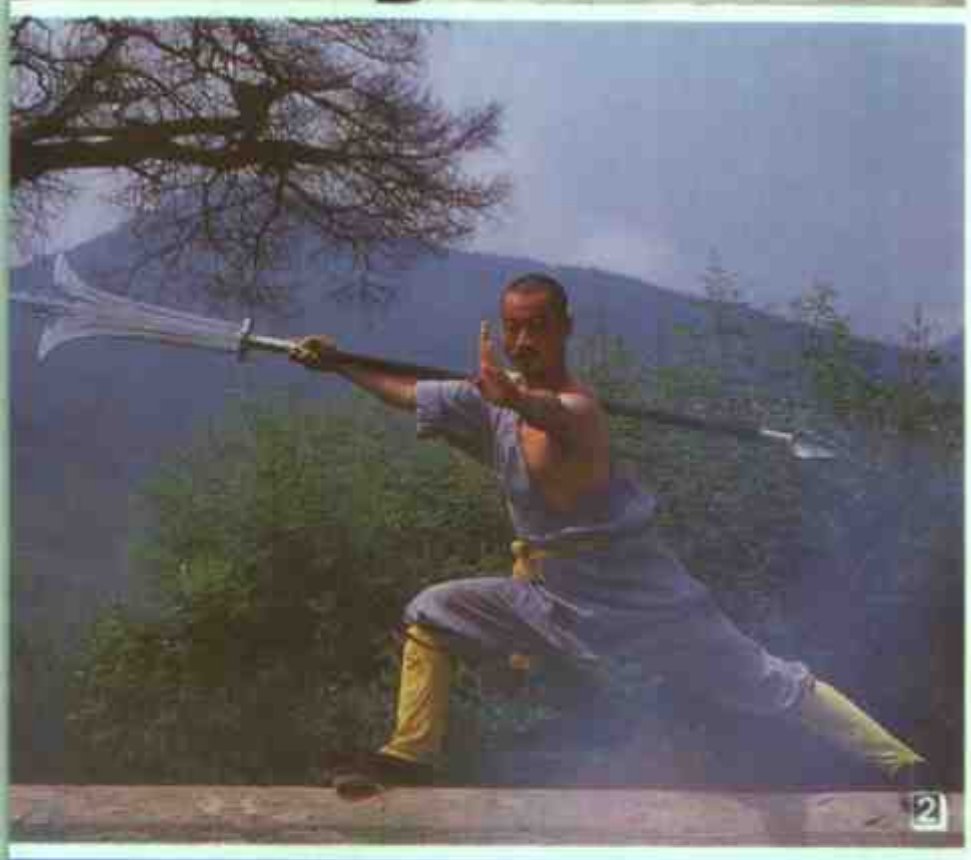
少林十八般兵器

少林十八般兵器　The eighteen types of Shaolin weapons

少林兵器種類繁多。相傳十三棍僧救秦王之後，少林寺同王朝的關係逐漸密切，王朝也常派將官到少林寺習武學藝。同時，他們也把自己的特長武技帶到了少林。如關雲長的春秋刀、程咬金的月牙斧、羅家的梅花槍、高懷德的黑虎銅錘、楊家槍等衝鋒陷陣的長兵器都先後傳入少林，被武僧所掌握。寺僧們在此基礎上，經過千百年刻苦習練，融匯歷代名將的武技精華，使少林兵器種類日益增多，技藝日臻完美，可謂十八般武藝(即十八般兵器)樣樣俱全。宋代以後，少林器械種類最多達到一百二十余種，但常用的仍是槍、刀、劍、棍、大刀、鏟、戟、鈎、錘和九節鞭等。

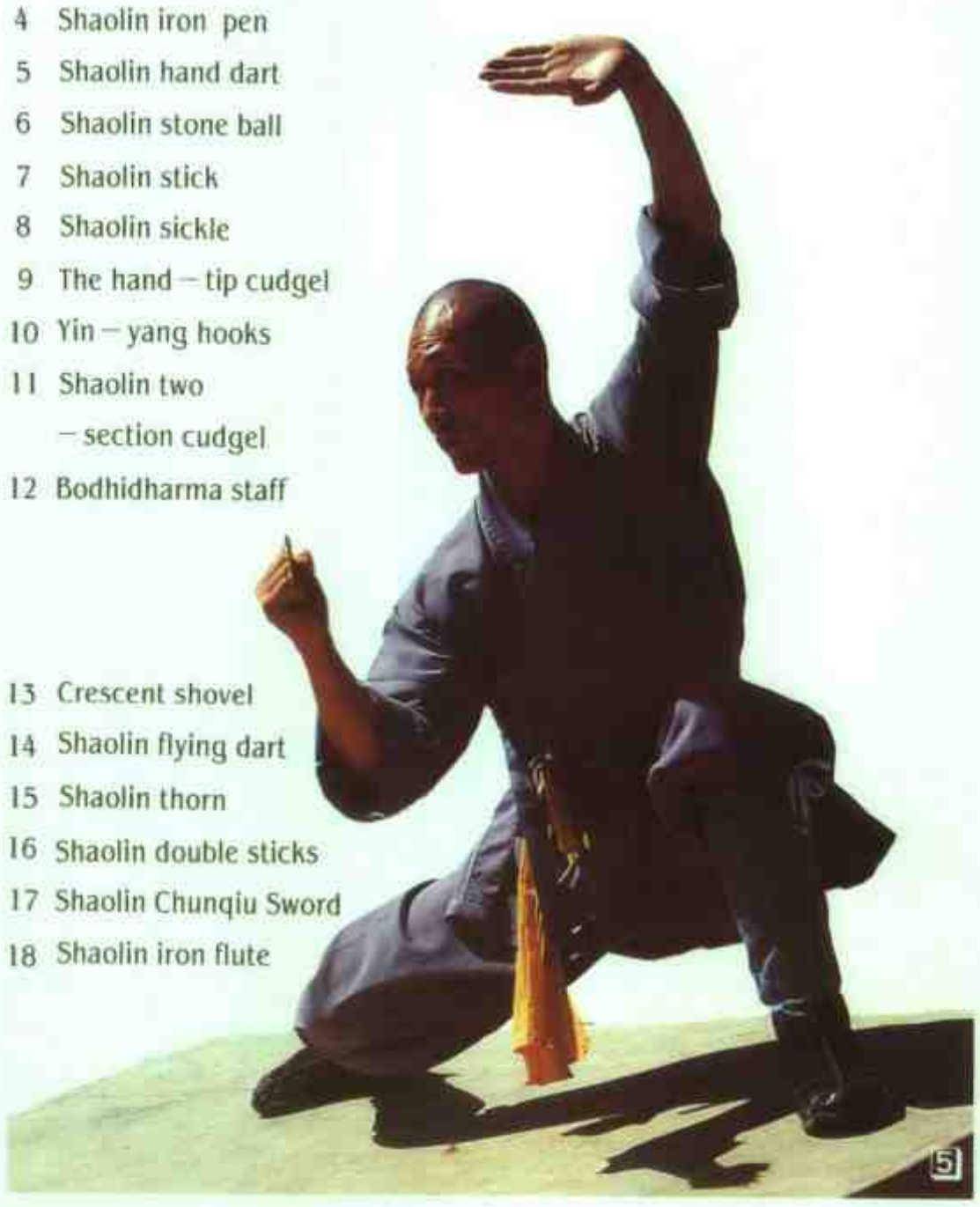
The 18 Types of Shaolin Weapons

Shaolin weapons have a great variety.According to the legend that after the thirteen cudgel－bearing monk soldiers rescued the Qin prince Li Shimin in the fighting against the Sui general Wang Shichong, the relations between the Shaolin Monastery and the Imperial Court bedcame gradually close. The Imperial Court often sent their generals and officers to Shaolin Monastery to learn the Kung－fu from the monk soldiers. At the same time, the Imperial generals and officers also brought with their own specialities of wushu skills to Shaolin Monaster. General Guan Yunchang, Cheng Yaojin, luo Cheng, Gao Huide and the Yang family members,for instance, taught theShaolin Monks their characteristic fighting skills with the broad sword, the crescent axe, the plum－blossom spear and the black－tiger hammer. All these weapons were skillfully mastered by the Shaolin fighting monks. After repeated practice and research, Shaolin fighting monks were able to develop many different types of weapons and form their own unique styles. The variety of Shaolin weapons eventually increased to over 120 after the Song Dynasty. Now the spear, sword, cudgel, broadsword, shovel, halberd, hook, hammer and 9－section whip are in common use.



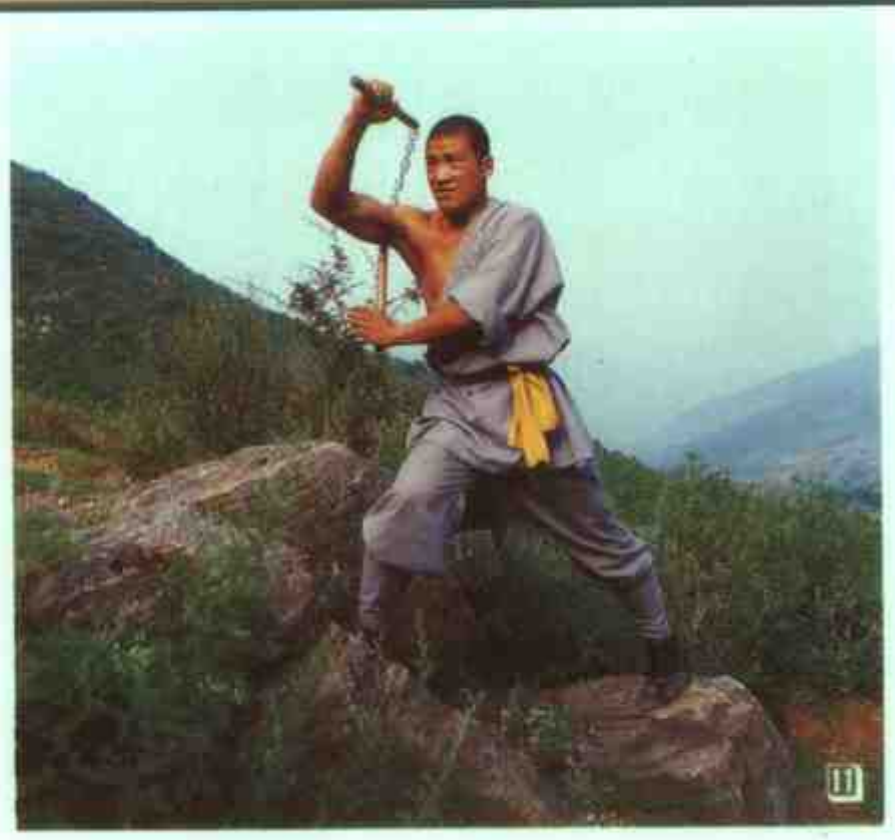
1 Shaolin fork
2 Tri – point double – edged sword
3 Shaolin sleeve ring
4 Shaolin iron pen
5 Shaolin hand dart
6 Shaolin stone ball
7 Shaolin stick
8 Shaolin sickle
9 The hand – tip cudgel
10 Yin – yang hooks
11 Shaolin two
– section cudgel
12 Bodhidharma staff

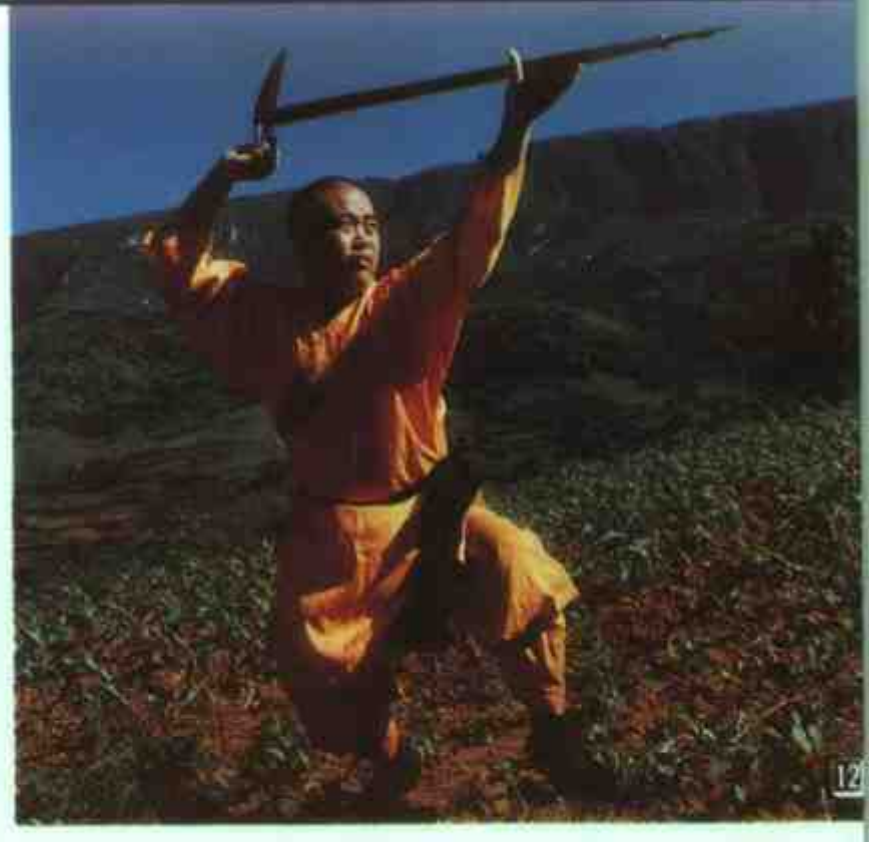
13 Crescent shovel
14 Shaolin flying dart
15 Shaolin thorn
16 Shaolin double sticks
17 Shaolin Chunqiu Sword
18 Shaolin iron flute



1 三股叉
2 三尖兩刃刀
3 少林袖圍
4 少林鐵筆
5 少林手盔
6 少林石球
7 少林拐棍兒
8 少林雙草鐮
9 手梢子棍
10 陰陽雙鈎
11 少林兩節棍
12 達摩杖
13 月牙鏟
14 少林飛鏢
15 少林刺
16 少林雙拐
17 少林春秋大刀
18 少林鐵笛

7


11


12

8

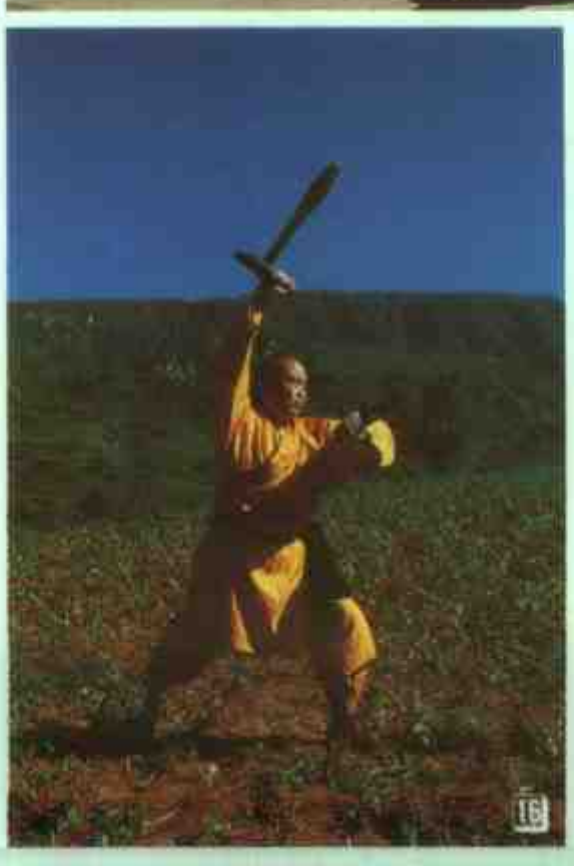
13

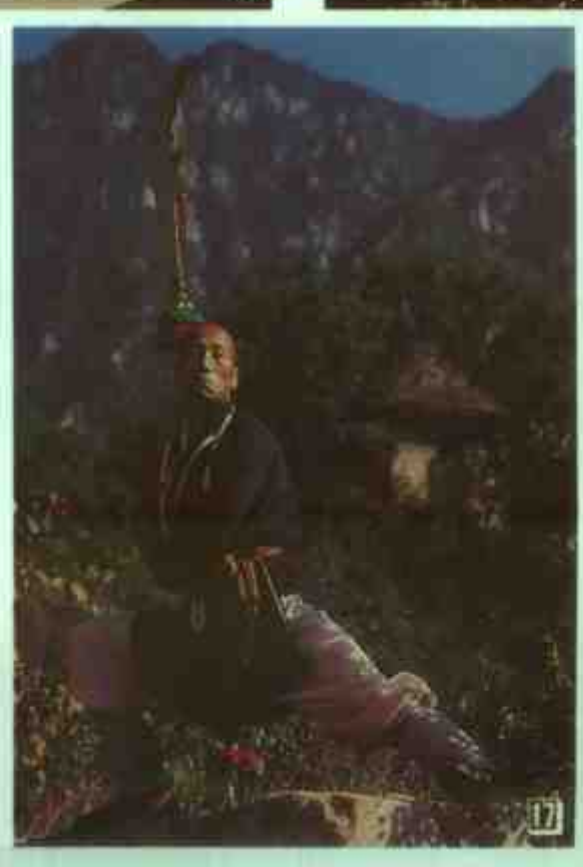
9

14

15

10


16


17

18

少林雙刀

Shaolin double broadswords

Shaolin Sword
少林刀

少林刀乃少林功夫中的兵器之一，它樸實無華，敏捷利索，雲姿風勢，氣吞山河，別具一格。目前，流傳下來的有：少林單刀、梅花刀、追風刀、坐山刀、卧龍刀、少林雙刀、八路雙刀、二合雙刀、滚堂刀、少林一路大刀、二路大刀、春秋大刀等。武林人士常説，刀是兵家手中寶，少林招術舞風騷。前劈面來後砍頜，中劈胳膊兩肋中，下劈馬蹄勢意妙，背後三刀人人驚。

The Shaolin sword is one of the important Shaolin weapons. It is simple and unadorned. Its posture looks like wind and clouds. At the present time, there are several routines handed down from the ancient times such as Shaolin single sword, plum blossom sword, Zhuifeng (catching up with wind) sword, Zuoshan (sitting on the mountain) sword, Shaolin double sword, Guntang (rolling in the hall) sword, Wolong (lieing dragon) sword, Shaolin frist routine sword, Shaolin second routine sword and Chunqiu (spring and autumn) sword. It is said in Wushu circle that the sword is a treasure of military sratogists. The Shaolin sword is an excellent weapon. If you want to manage this weapon you should remember the following formula : Cutting the face in front while chopping the neck in back. Splitting the arms in the middle while cutting the horse's hoofs in the bottom.

追魂刀

Zhuihun Sword

大刀破槍

Broadsword and spear

騰空剌刀

Tengkong Sword

Shaolin Spear
少林槍

少林槍乃少林兵器中的重要器械之一。兵法曰："槍爲兵器之王"。自古以來，歷史上曾有無數的名將以槍平寇，靠槍安邦。少林寺小山和尚單槍破陣，湛舉和尚槍威震中州，充分顯示了少林槍的威力。槍丈八，粗把圍，舞起來神如蛟龍出水，猛似惡虎下山，左右上下刺起收似海翻，收槍按虎，出槍如射箭，扎槍如鬥豹，壓槍如壓山。少林槍的套路有：少林槍、梅花槍、六合槍、十三名槍、二十一名槍、三十一名槍、大花槍、八陣槍、九刀槍、對花槍、十八名槍、三十六名槍、八十四門槍等。

The Shaolin spear is one of the important weapons in Shaolin Monastery. It was said in military strategy and tactics that"the spear is the king of all weapons", since ancient times many famous generals took the spear to defeat the enemies and safeguard the country. For example, monk xiao Shan himselfe inflicted a crushing defeat on the enemy with the Shaolin spear. Monk Zhan Ju was well－known to the central China for his excellent spearing techniques. The old formula for Shaolin spearing techniques is as follows：Launching a spear is like releasing an arrow, while withdrawing it is like drawing a sword. An upward tilt is like cloud rolling, while a downward thrust is like holding a tiger by the scruff of its neck. Leaping with a spear is like climbing a mountain."

The routines of Shaolin spearing techniques are as follows：Shaolin spear, Meihua (plum blossom) spear, Liuhe spear, the thirteenth spear, the twenty－first spear, the thirty－first spear, Dahua spear, the eighteenth spear, the thirty－sixth spear and the eighty－fourth spear.

槍對鏟 Spear and Shovel

槍對刀 Spear with sword

Spear with stick 槍對拐

The Shaolin Sword

少林劍

The sword skill is one of the most important Shaolin "short weapons". From Northern Wei Dynasty till now Shaolin sword has being prosperous all the time, and all the Shaolin monks can manage this weapon skill. Performing the Shaolin sword can keep fit and prolong the life. it is devided into dircting sword, stabing sword, pointing sword and cutting sword. its routines include single sword, Bodhidharma sword, seven－star sword, dragon sword, dragon－spring sword, flyingdragon sword, white－monkey sword, plum－blossom sword, blackdragon sword, eight－immortal sword and yang－girl sword, etc. When practise the Shaolin sword, you must grasp the followng essentials :launching the sword just like a flying dragon, while withdrawing the sword just like the wind, moving the sword just like a swallow, while splitting the sword just like the thunder.

劍術是少林短兵器中最重要的武技之一。自北魏至今，少林劍術都很興盛。凡武僧均習練劍術。少林劍不僅姿勢嬌美，而且招法精絶，剛柔相濟。尤其是常練少林劍最宜于健身長壽。少林劍法分爲指劍、刺劍、撩劍、點劍、斬劍等。其套路有：少林單劍、二堂劍、五堂劍、達摩劍、七星劍、龍形劍、龍泉劍、飛龍劍、白猴劍、玄德雙劍、梅花劍、上盤八仙劍、細女劍、嫦娥劍、青龍劍、飛花劍和八仙劍等。習練少林劍術時講究起如龍，收如風、快如梭、行如燕、劈如雷、點如鑽等要訣。

燕子抄水

Swallow skimming over the water

刀劍對峙

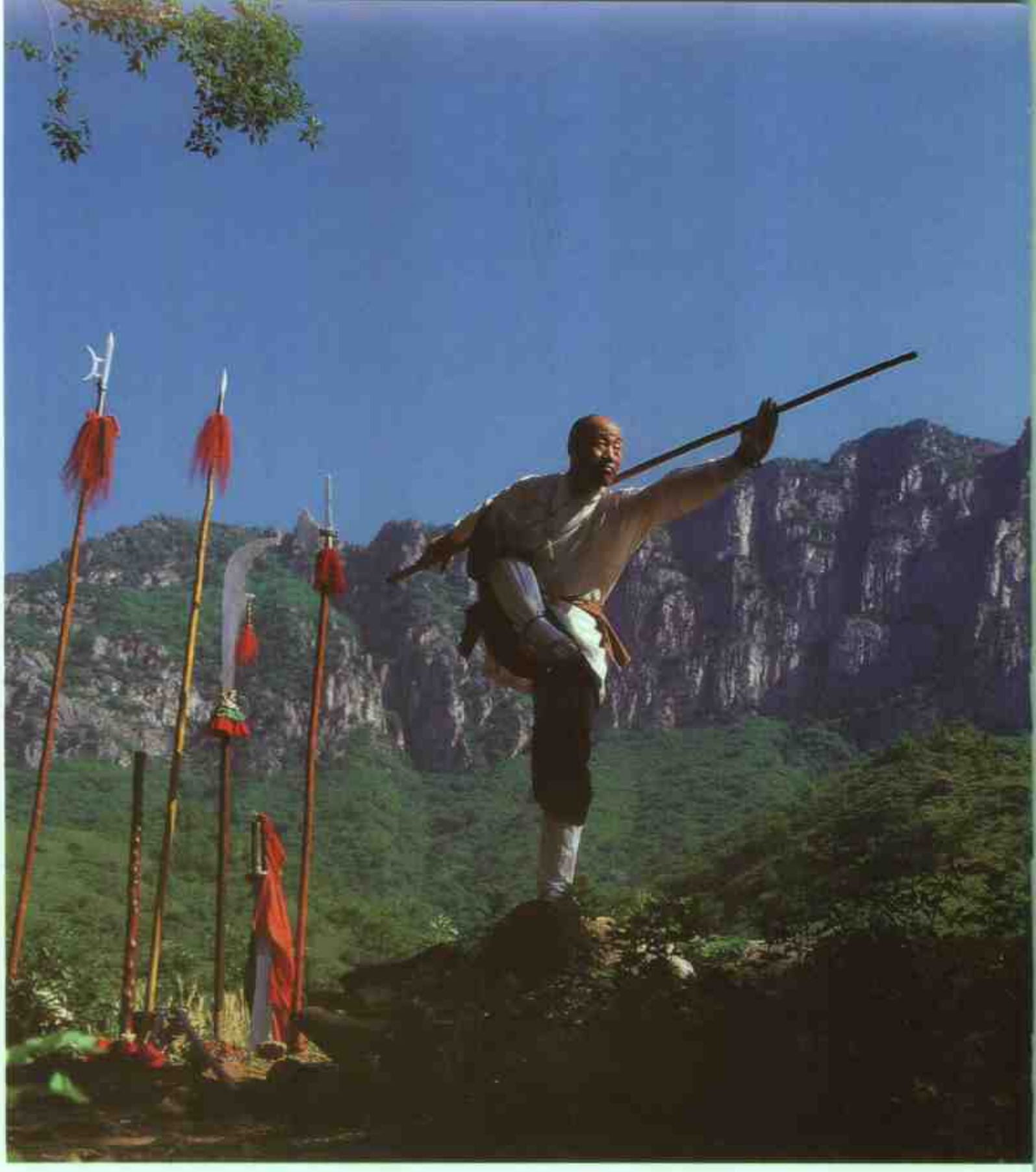
Broadsword and sword

刀光劍影

The glint and flash of cold steel

盤龍棍

Coiling – dragon cudgel

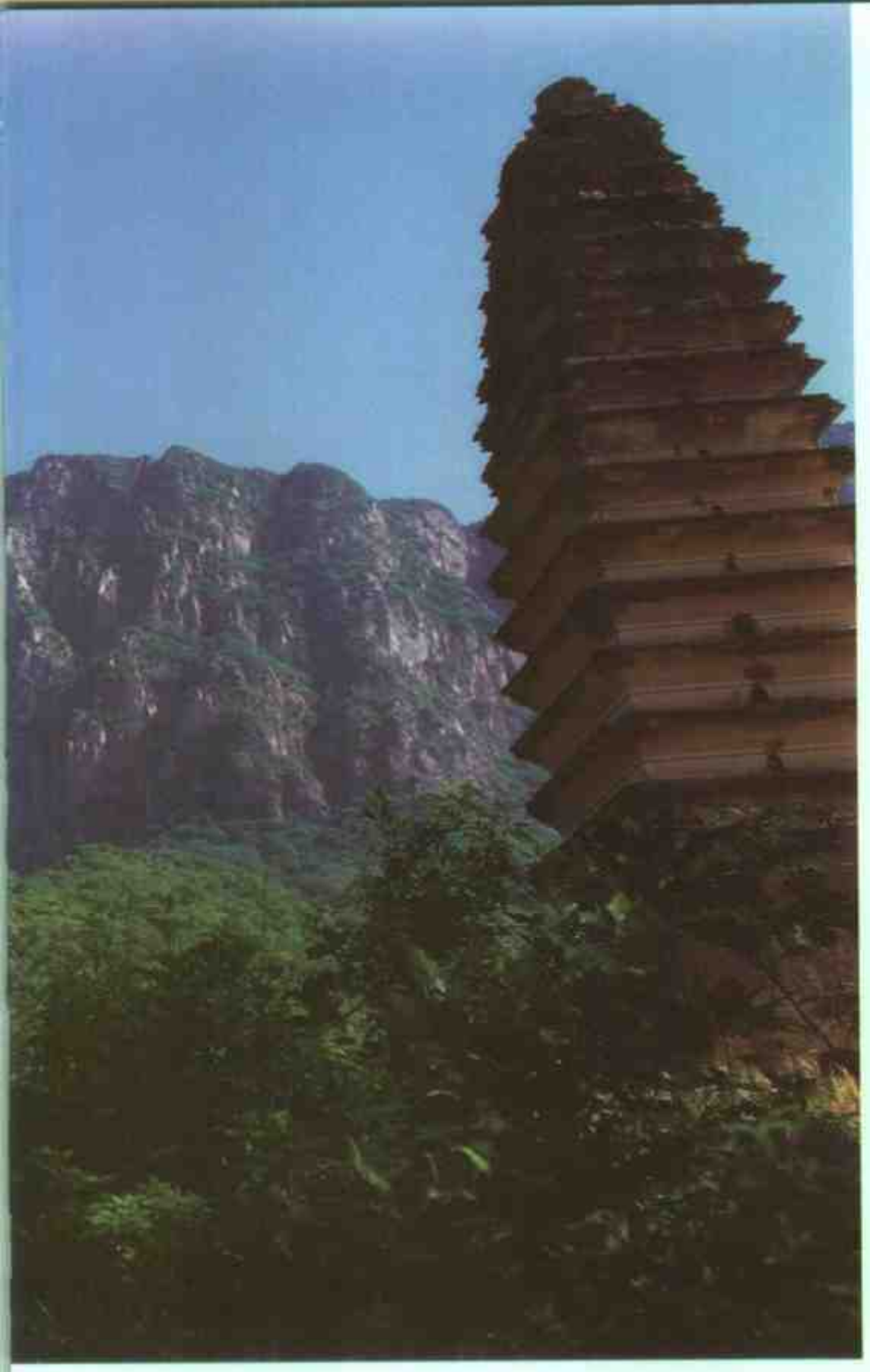


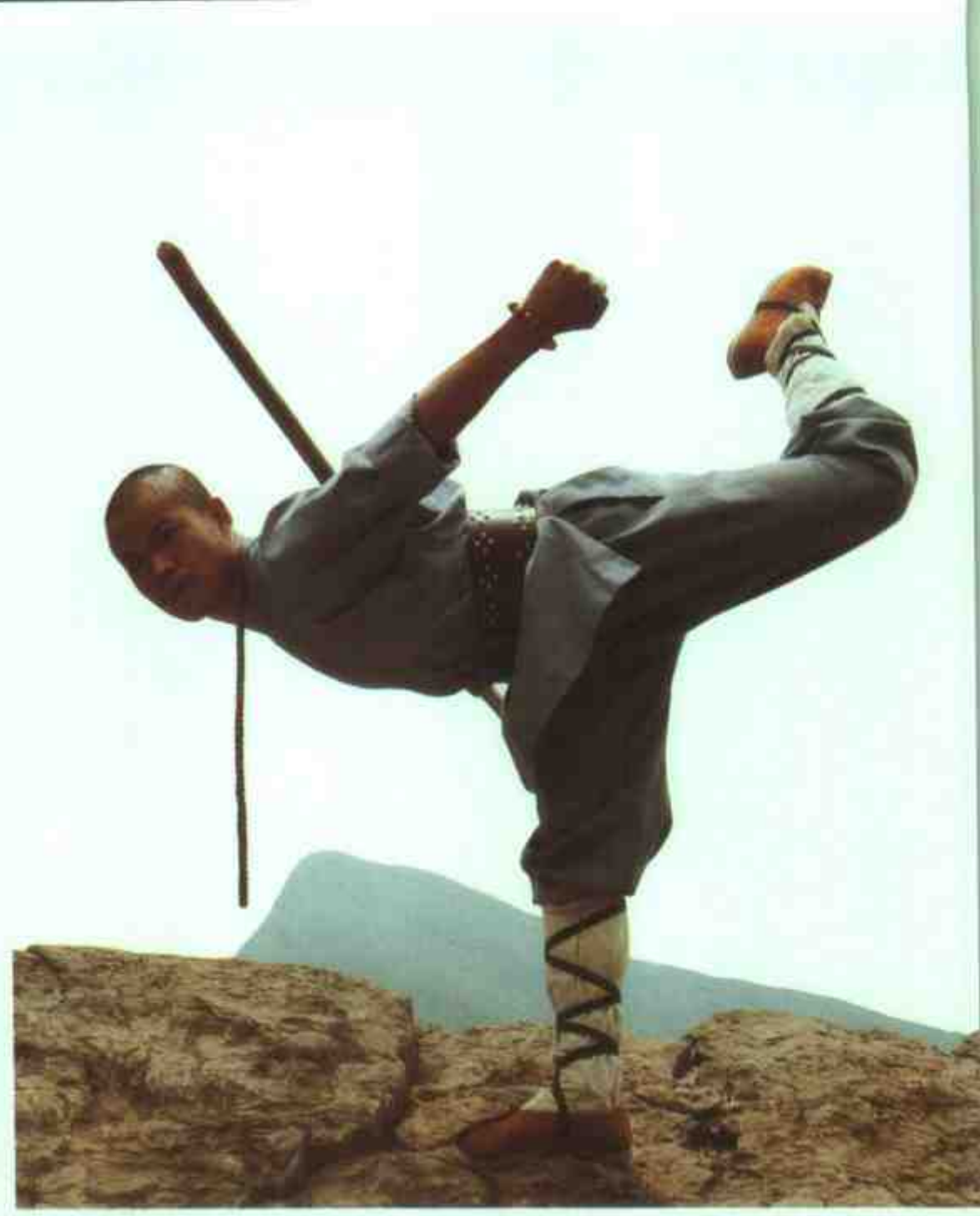
As a basic weapon, the Shaolin cudgel skill is one of the important Shaolin Kung-fu. Before the founding of Shaolin Monastery, the local hunters often took tree branches as the stick to play martial arts. Because cudgels and sticks can be found everywhere in the forest,so it is very easy for Shaolin monks to take them as thier weapons for defending themselves. That's why the Shaolin fighting monks especially pay attention to the training of Shaolin cudgel skills. The routines of Shaolin cudgel skills handed down from ancient time to the present include : Qimei (eyebrow)cudgel, Fenghuo (wind – and – fire) cudgel, Yuanhou (apes – and – monkeys) cudgel, Yinshou (negative hand) cudgel, Yangshou (positive – hand) cudgel, Meihua (plum – blossom) cudgel, Yunyang (wind – and – sun) cudgel and etc.

The Shaolin Cudgel

少林棍術

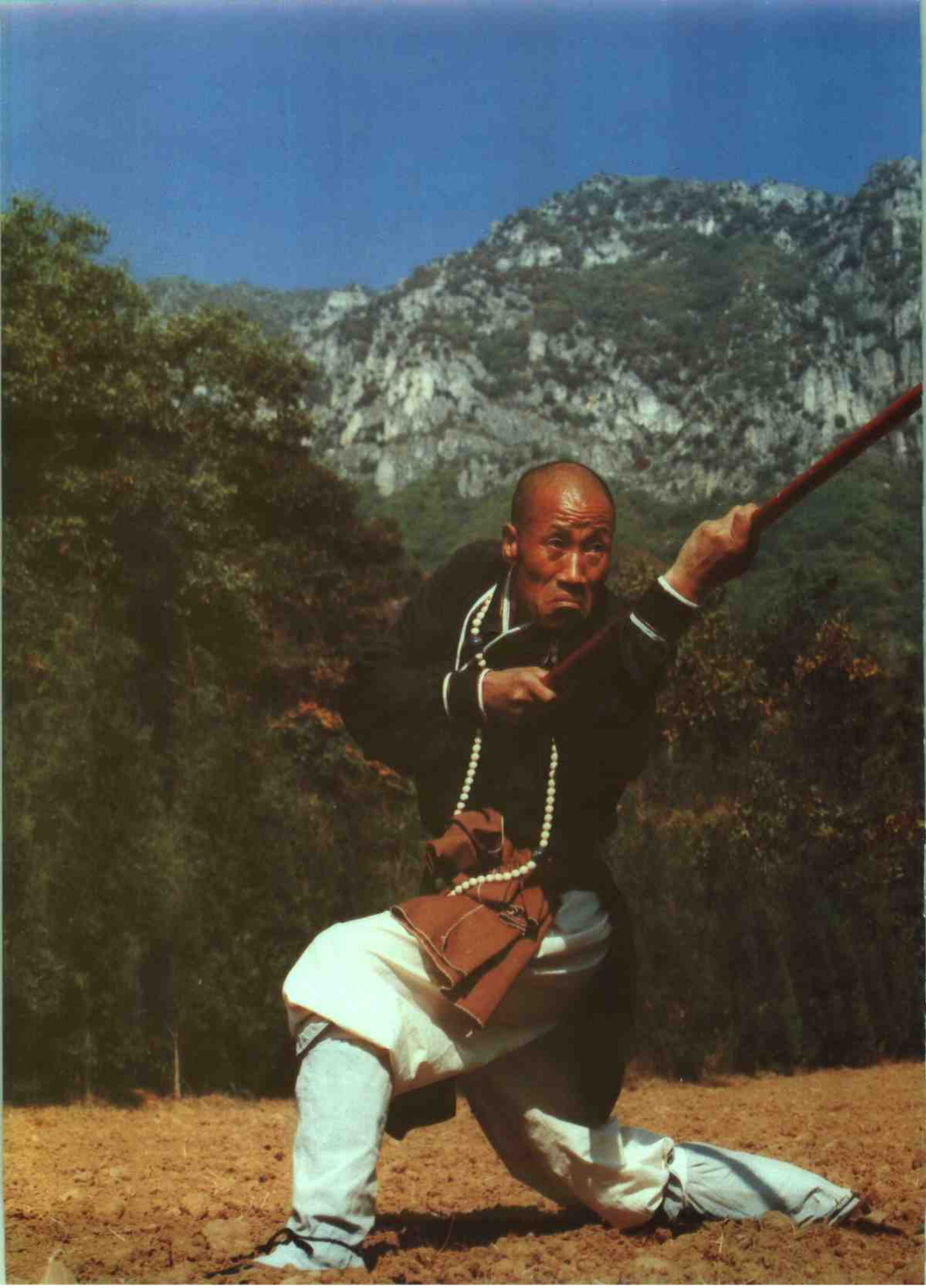
棍術是少林武藝的重要功夫之一，爲少林器械的基礎兵器。少林寺未建寺前，當地衆獵户常取樹枝爲棒，玩弄武藝。因棍棒在山林中處處可尋，高者取長，矮者取短，伸手器到。所以少林寺歷代武僧對棍術都尤爲重視少林寺留傳至今的棍術套路有：齊眉棍、風火棍、猿猴棒、單盤龍、雙盤龍、陰手棍、陽手棍、梅花棍、雲陽棍、劈山棍、穿梭棍、俞家棍、八門棍、排棍和齊天大聖棍。





風魔棍　Magic stick

Yin（negative）– hand cudgel　陰手棍



鎮山棍

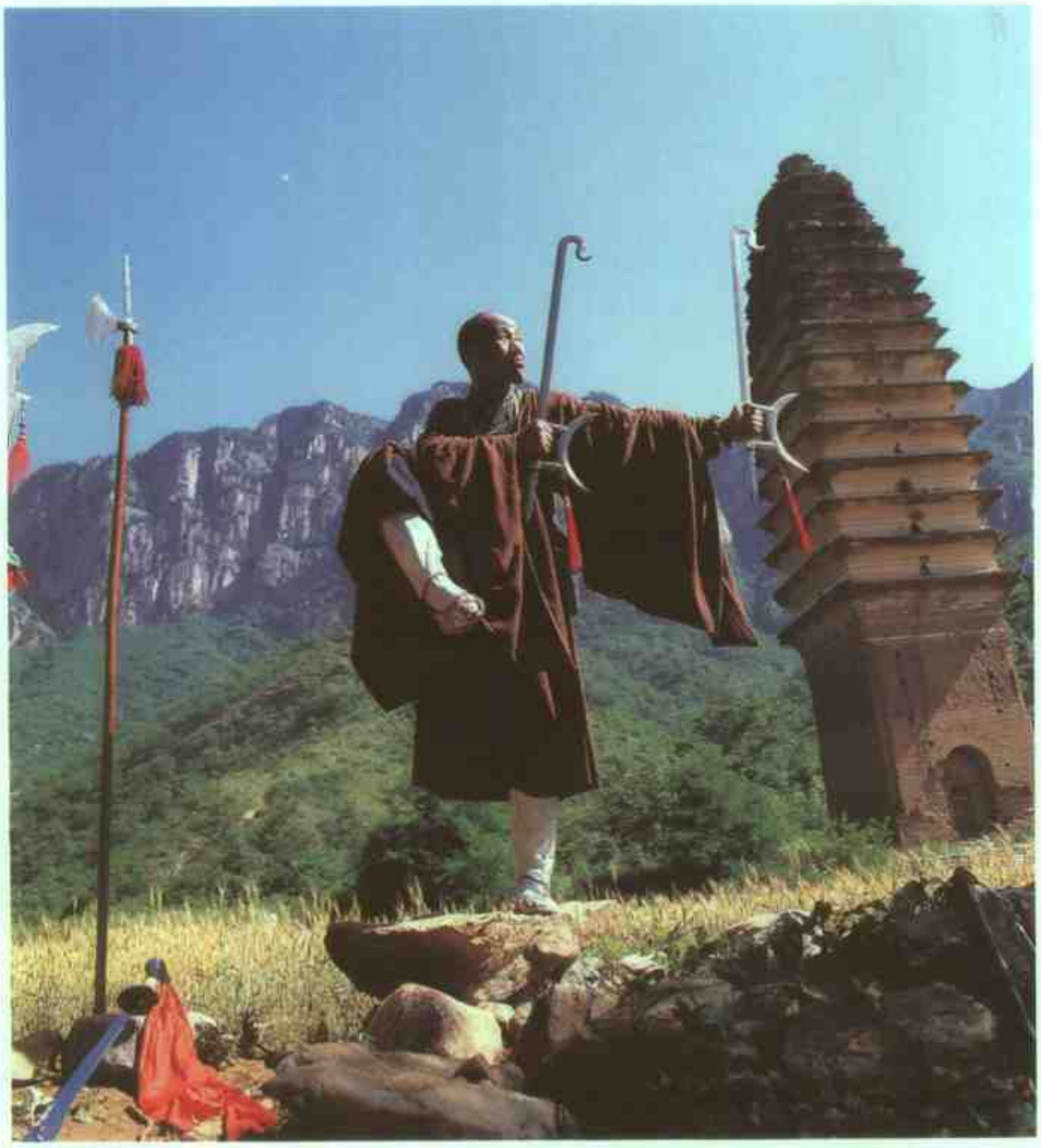
Zhenshan stick

混天棍　Huntian Strck

Shaolin Hook
少林鈎

少林鈎是一種帶鈎的兵器，由戈演變而來。春秋戰國時期戈、鈎、戟並用，鈎的形狀似戟，只是戟頂端爲鋒，而鈎頂端爲鈎型。鈎有長鈎、短鈎、飛鈎。作爲武術器械，多是短鈎。短鈎又分爲鹿角鈎、虎頭鈎、護手鈎、撓鈎等，其中以護手雙鈎流傳較廣。護手鈎的前面有鈎，中段兩邊有刃，手柄外側有月牙，柄端有鐵。鈎屬于多刃器械，較難紀習。演練時，要求有起、伏、吞、吐的身法來配合。

Shaolin Hook is a weapon of Shaolin wushu, which developed from the dagger－axe. In Spring and Autum, the dagger－axe, the hook and the halberd are equally used. The shape of the hook looks like a halberd, but different in top part. The hook has a hook－like tip. There are three kinds of hooks－long hook, short hook and flying hook. As a weapon, the short hook is popularly used. The short hook is also intensively devided into several varieties, such as Deer－horn Hook, Tiger－head Hook, Hand－guard Hook and Long－handled Hook. The Hand－guard Hook is widely spreaded. On the top of the Hand-guard Hook there is a hook. On the both side of its middle part, there are two edges, on the outside of the handle, there is a crescent moon, and on the top of the handle, there is a drill. So it is more difficult to manage this weapon.



護門雙鈎　Double hooks for safegarding the Monastery

雙鉤進槍

Double hooks and spear

Shaolin 9 – section Whip.

少林九節鞭

The 9–section Whip is one of the Shaolin soft weapons. It has a great fame of "the dragon in weapons". Most of Shaolin fighting monks practise this weapon.During the training, lay stress on the route of hands, eyes, steps, body and the whip which mean flexing the wrist nimbly, watching the whip's tip carefully, steping forward evenly and turning the body freely.

九節鞭是少林軟兵器的一種，有"兵中之龍"的盛譽。少林武僧習練器械時多練此兵器。演練時注重掌握手、眼、步、身和鞭的路綫，手要轉動，翻腕靈活，眼視鞭端，步要均匀、協調，身要轉動自如，鞭要走一條綫。練功時宜選擇較重的鞭，外出防身時可選擇較輕的鞭。

蛟龍出水

Dragon flying out from the water

雙龍鞭

Double－dragon whip

回頭望月

Thrusting back

The Shaolin Shovel

The Yin －Yang Qixigong

(the exercise of attracting something on the belly by Qi)

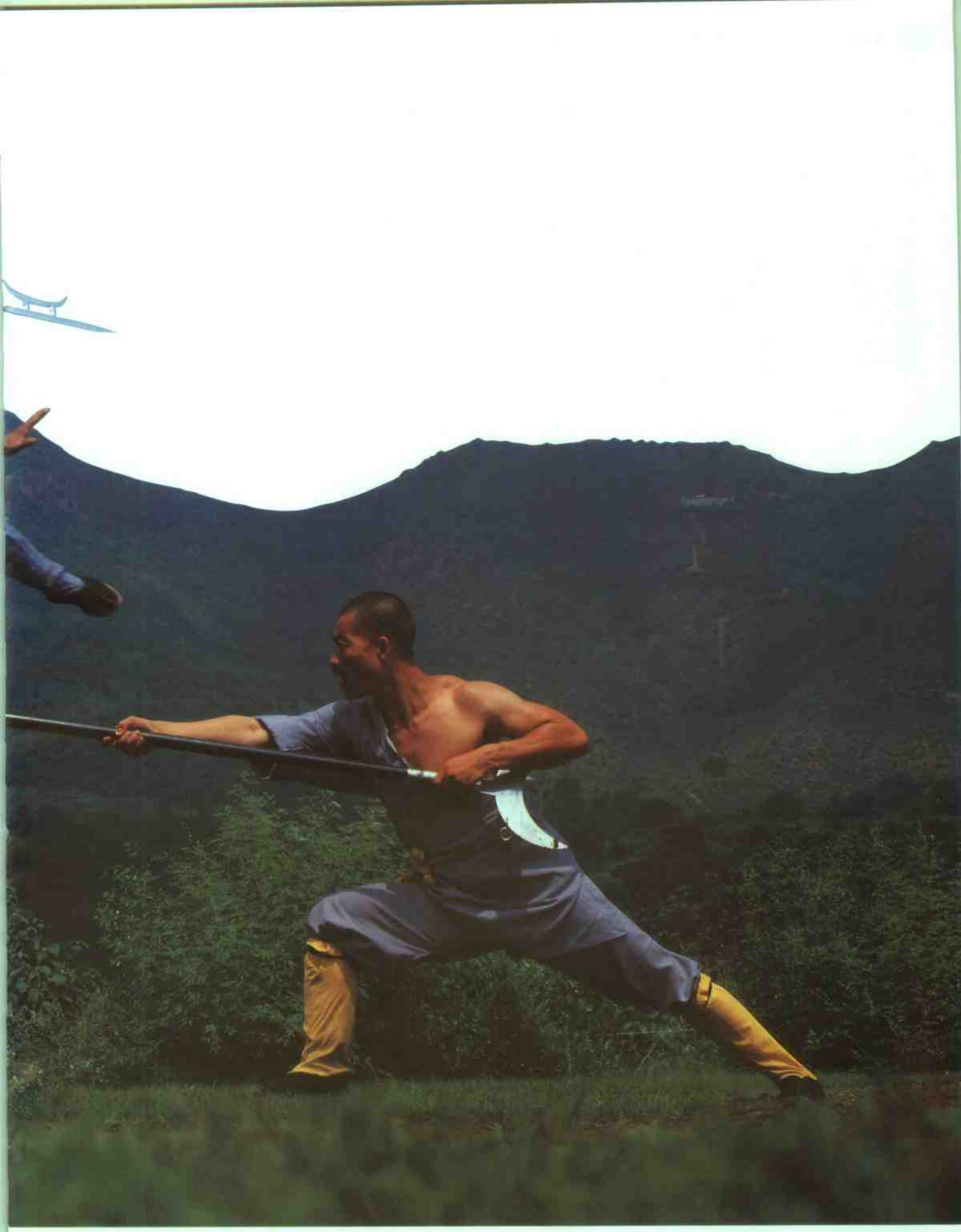
少林鏟

鏟是少林武僧常用的兵器之一。相傳宋代魯智深入少林學藝十八年，以大鏟獨樹一招，威震中原，至今仍有魯俠鏟留傳少林。少林鏟法，不輕傳外人。

The shovel is one of the Shaolin weapons in common use. Tradition has it that a famous monk Lu Zhishen in Song Dynasty learned the Shaolin Kung－fu for 18 years. He was especially good at the shovel and well known to central China for his military prowess. The technique of Shaolin Shovel will not be passed on to the outsiders.

月牙鏟勇戰方天戟

Crescent shovel and halberd



Shaolin Flying Dart

少林飛鏢

Shaolin Flying Dart is devided into hand dart, sleeve dart, swinging dart and stealthy dart. the hand dart is just like a white snake coming from a cave. The sleeve dart is just like a viper fleeing everywhere, and the swinging dart is just like a wild goose flying obliquely.

少林飛鏢分出手鏢、袖手鏢、甩手鏢、偷手鏢等。出手鏢猶如白蛇出洞，袖手鏢猶如毒蛇奔竄，甩手鏢猶如雁斜飛，偷手鏢猶如撣手旋腕。飛鏢是少林暗器技法，歷代弟子多練此技。

破雲鏢

Piercing－through

－cloud dart

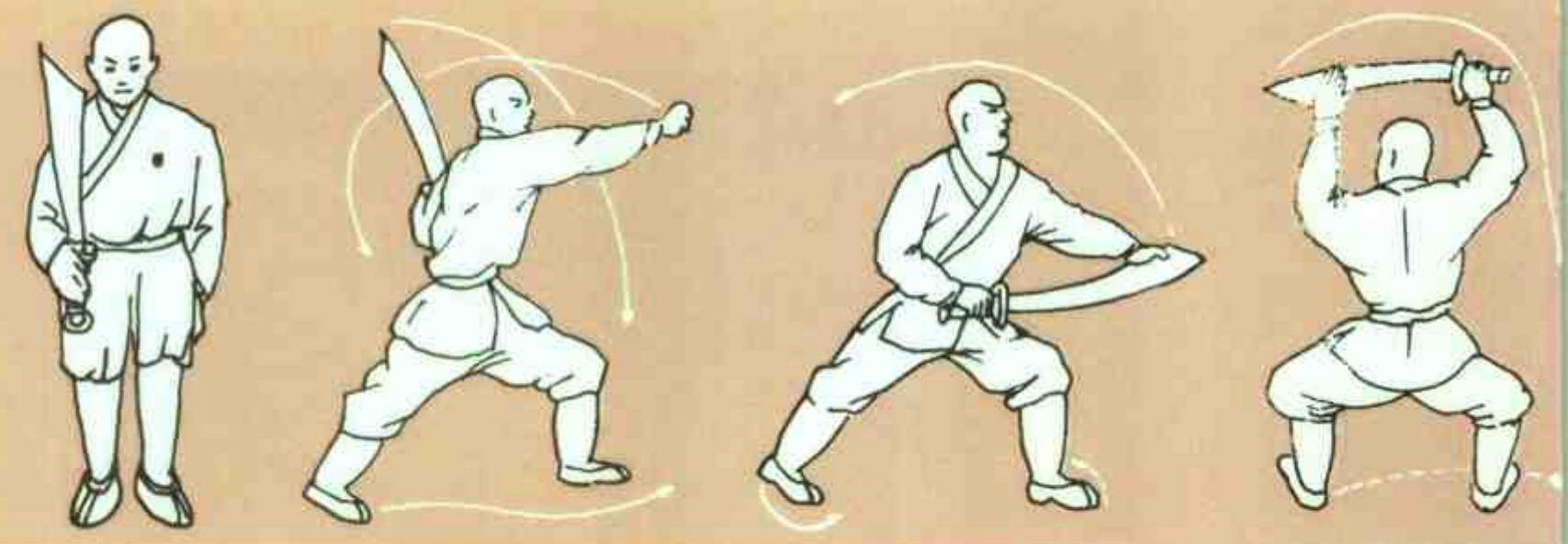
金鏢破杖

Golden dart inflicting a

crushing defeat on stick

少林
一路單刀

Shaolin Single Broadsword

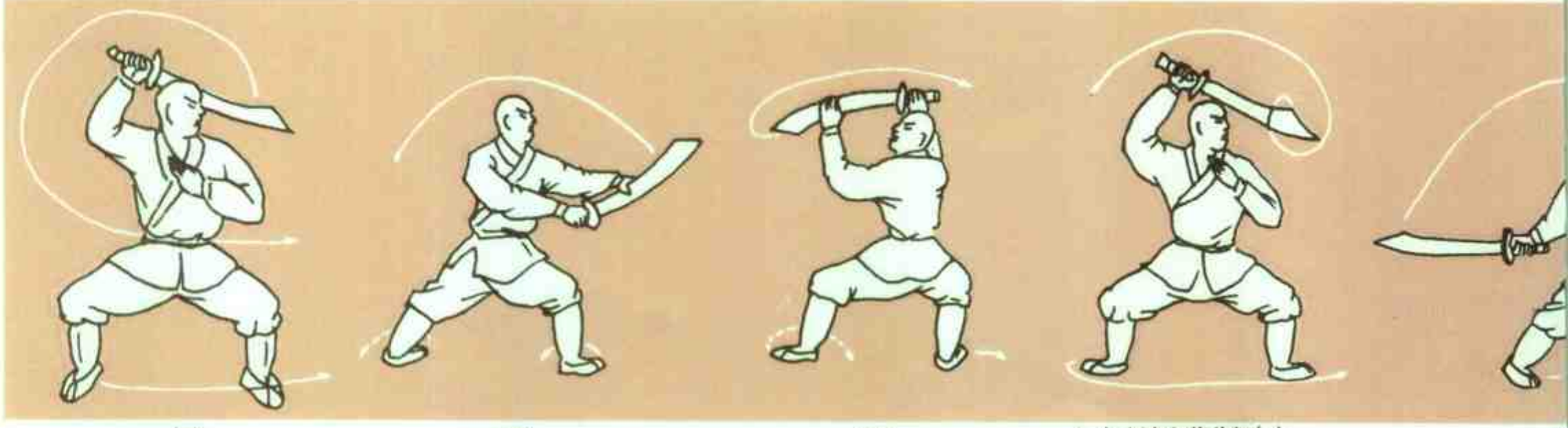


1. 起勢
Preparation

2. 雲頭飛
Flying above the clouds

3. 上步扶蓮頭刀
Steping forward and holding the tip of the roadsword

4. 轉面馬步劈刀 (1)
Turning round and splitting wit
a horse – riding stance (I)

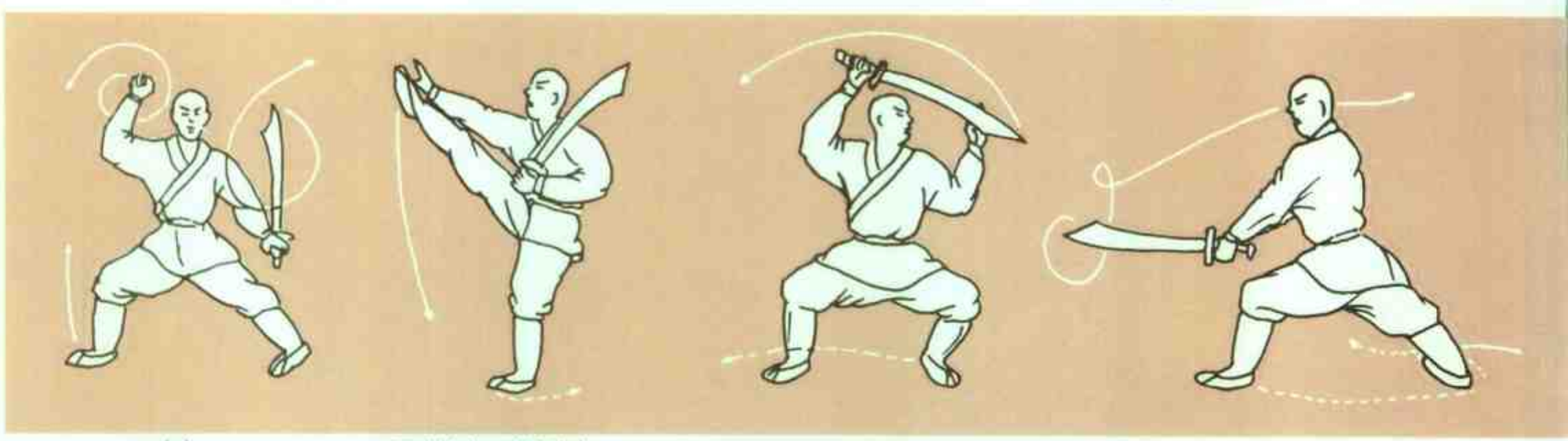


(2)
(II)

(3)
(III)

(4)
(IV)

7. 上步滾身蓮花舞(1)
Steping forward, rolling the body and performing a lotus – dance (I)

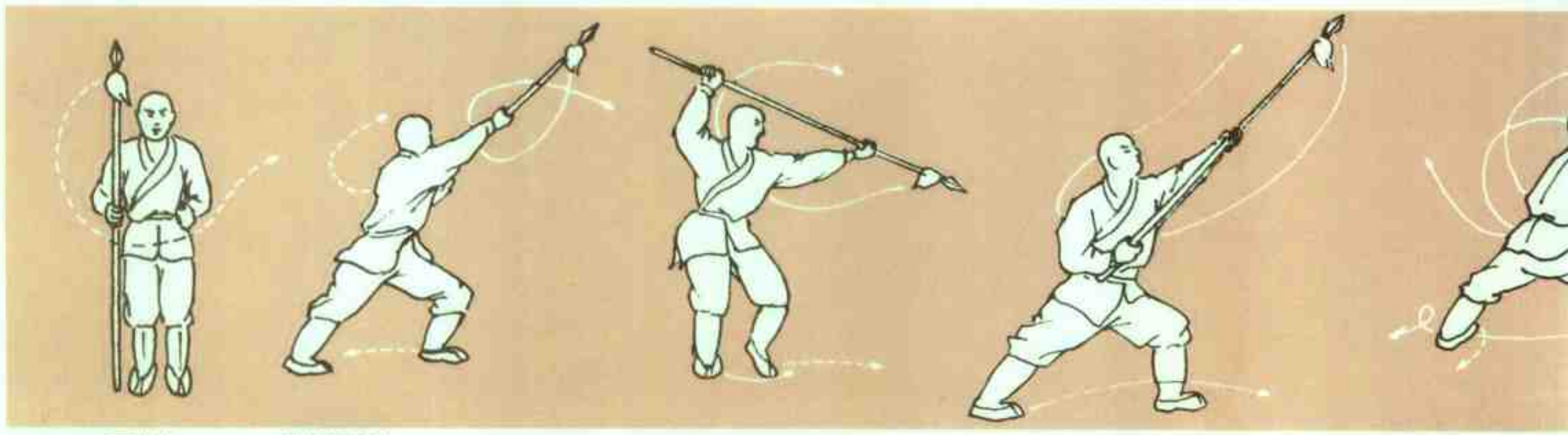


(2)
(II)

11. 猛虎轉身刀出鞘 (1)
Fierce tiger turning round and throwing the broadsword from the sheath (I)

(2)
(II)

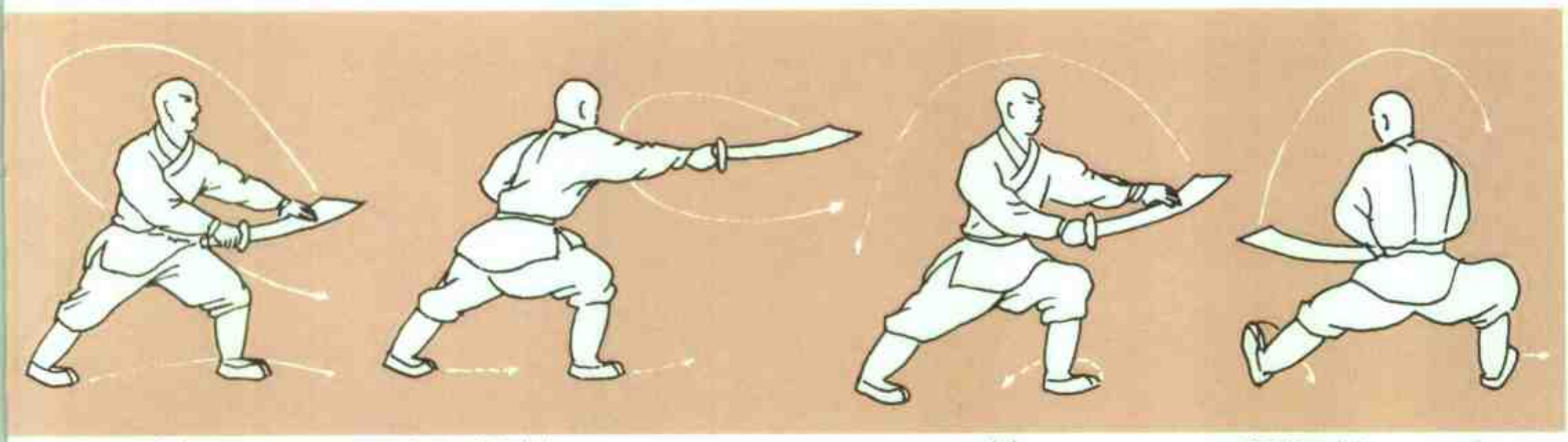
(3)
(III)



1. 預備式
Preparation

2. 進退連環槍
Steping forward and performing a series spear

3. 馬步上扎
Steping forw
a forward lu

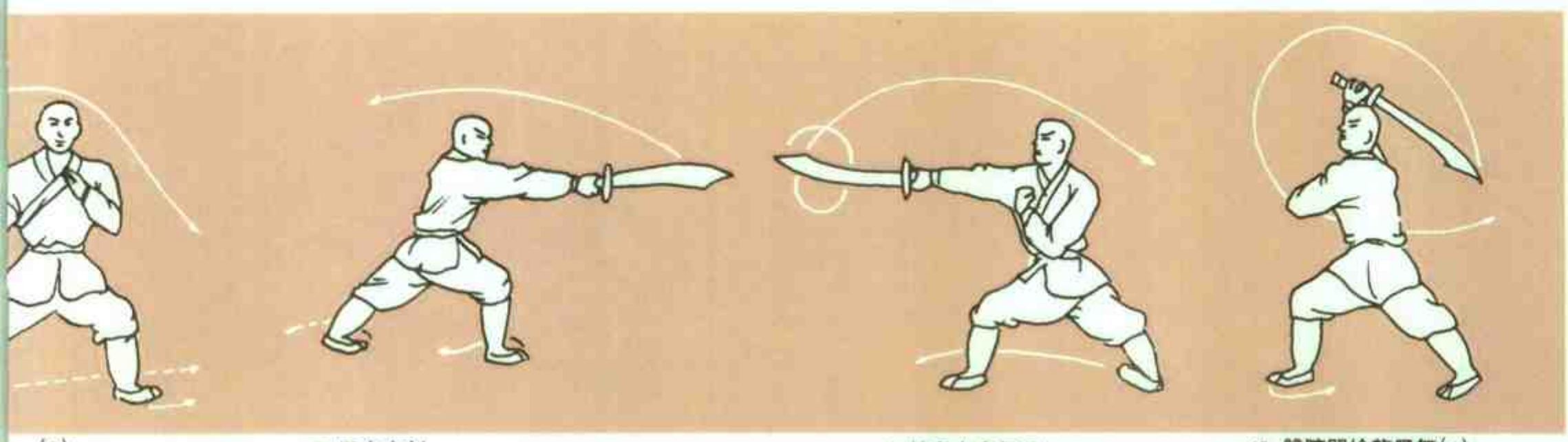


(2)
(II)

5. 金刀頭上飛 (1)
Golden broadsword flying over the head (I)

(2)
(II)

6. 單叉刺刀 (1)
Bayoneting with legs apart (I)



(2)
(II)

8. 馬步直刺
Bayoneting straightly with a forward lunge

9. 轉身上步舞刀
Turning round, stepping forward and performing a broadsword – dance

10. 雙膀閉槍龍鳳舞(1)
Evading an attack and performing a dragon – dance (I)

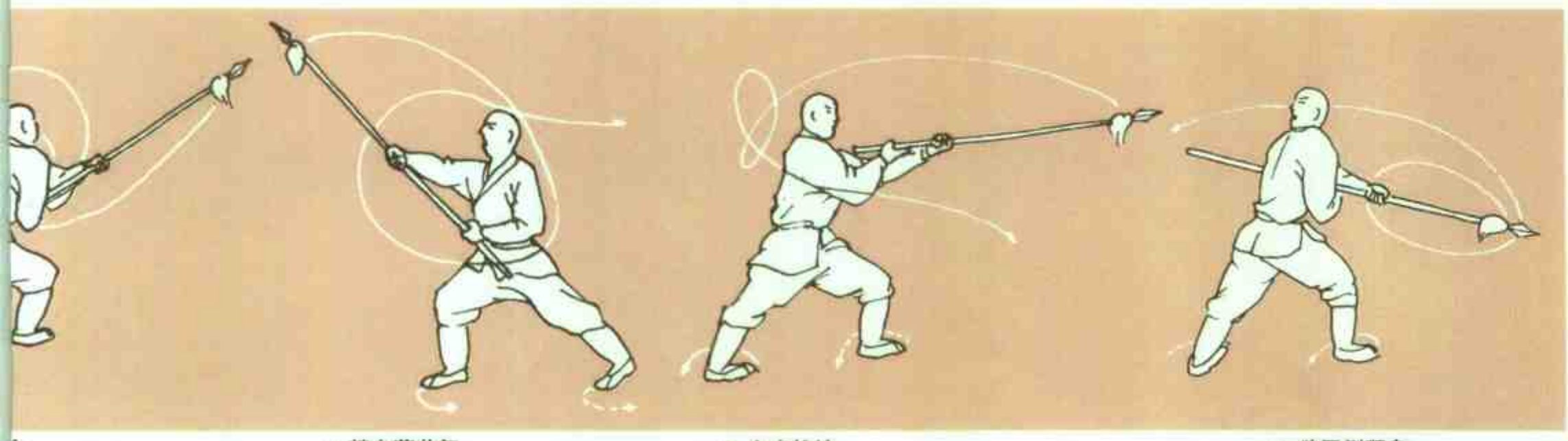
少林
梅花槍

Shaolin Plum – blossom Spear

12. 翻身連環刀
Turning over and performing a series of proadsword – dance

13. 馬步坐山
Standing a horse – riding stance and sitting on mountain

14. 收勢
Restoring to the preparation posture.



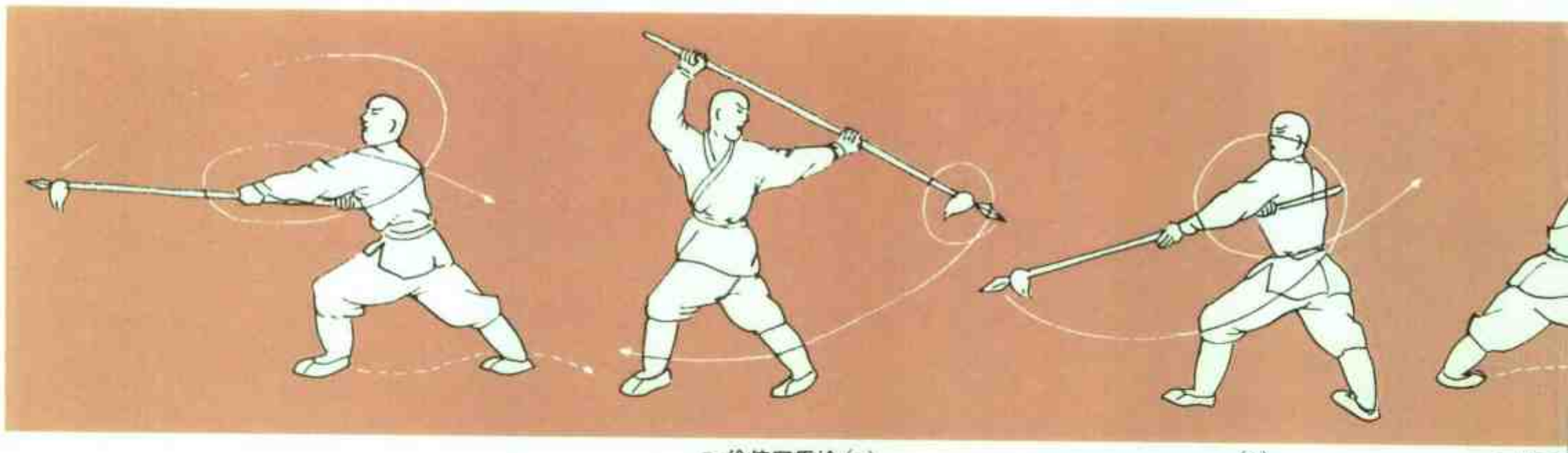
d

d and pricking with
ge

4. 轉身蓮花舞
Turning round and performing a lotus – dance

5. 金童梭槍
Golden child shooting the spear

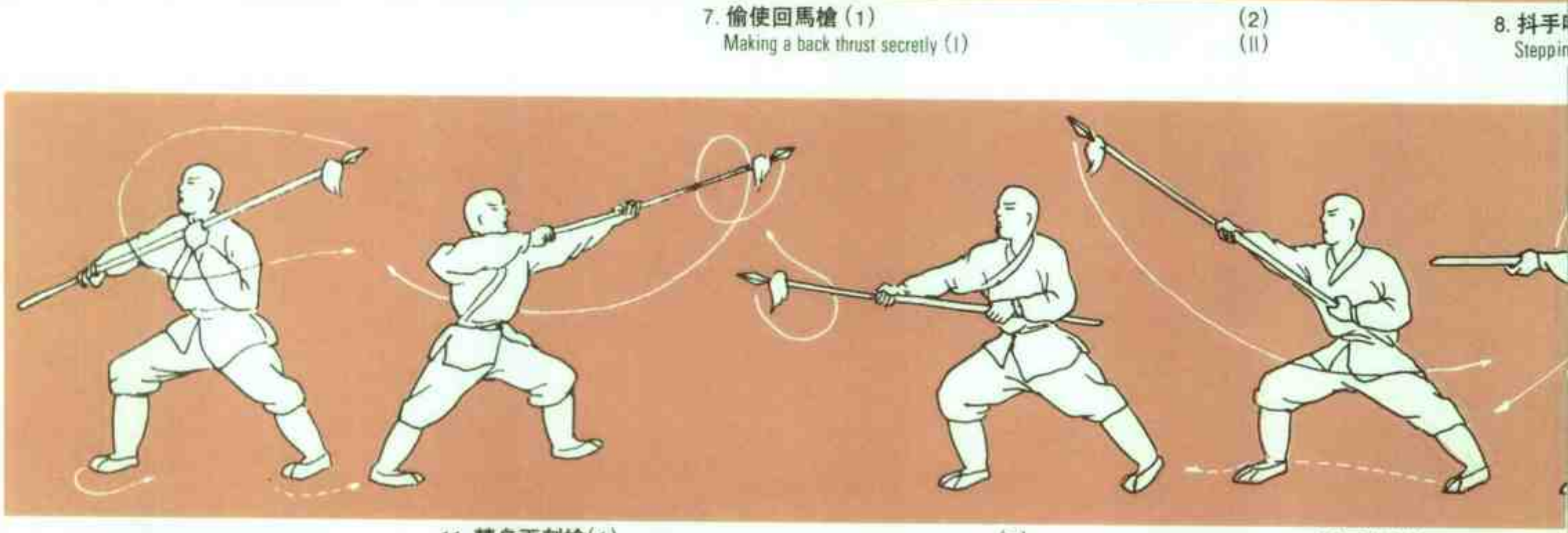
6. 鵲子倒翻身
Pigeon turning over upside



7. 偷使回馬槍（1）
Making a back thrust secretly (I)

（2）
(II)

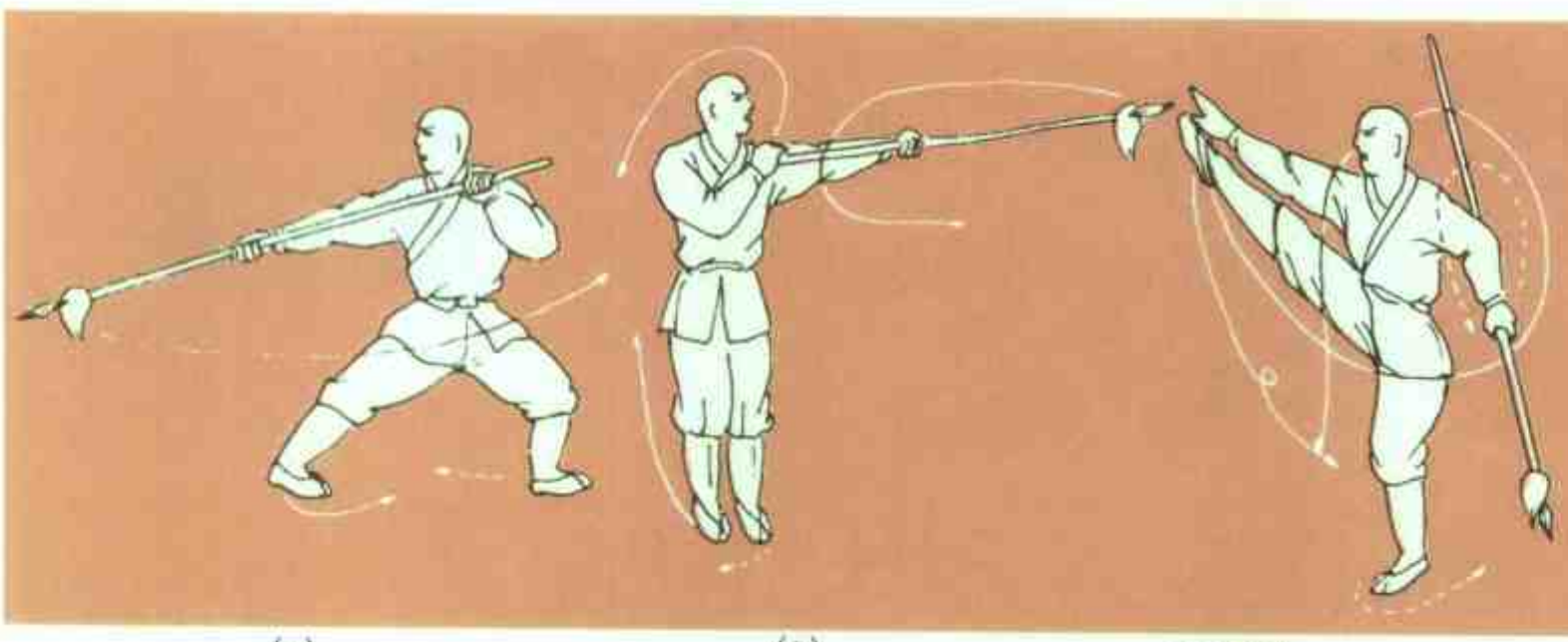
8. 抖手
Steppin



11. 轉身兩刺槍（1）
Turning round and bayoneting twice (I)

（2）
(II)

12. 迎面卧心槍
Bayoneting the chest



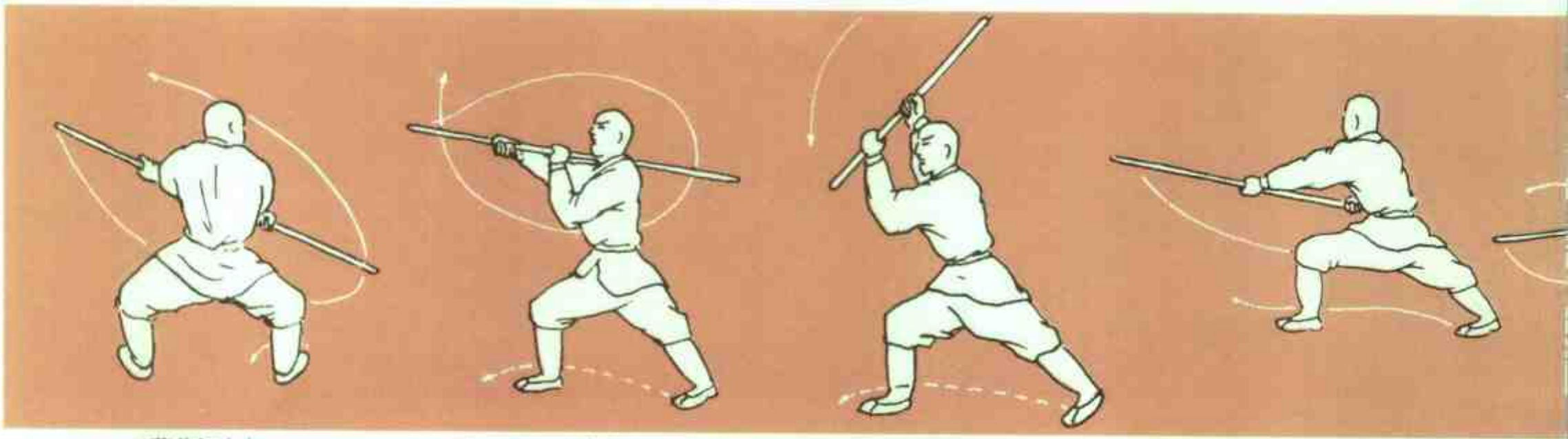
少林
風火棍

Shaolin Fenghuo
Wind and fire
Cudgel

（2）
(II)

（3）
(III)

17. 收勢
Restoring to the preparation posture

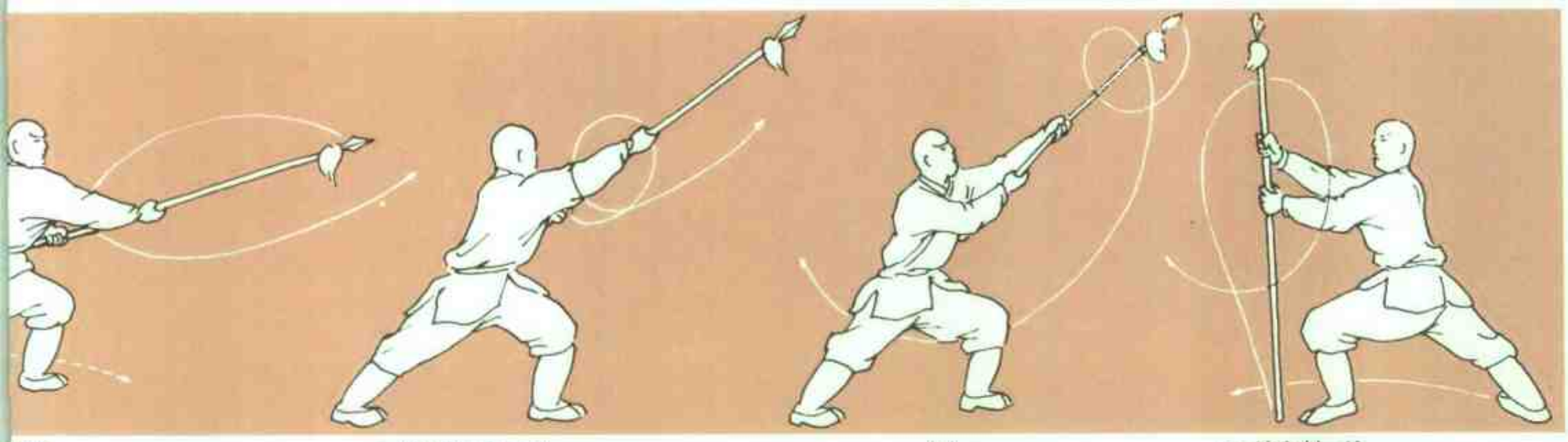


4. 蓮花舞（1）
Performing a Lotus – dance (I)

（2）
(II)

5. 提棍不饒人
Cutting down

6. 左右兩掃腿（1）
Two legs sweeping one after another (I)

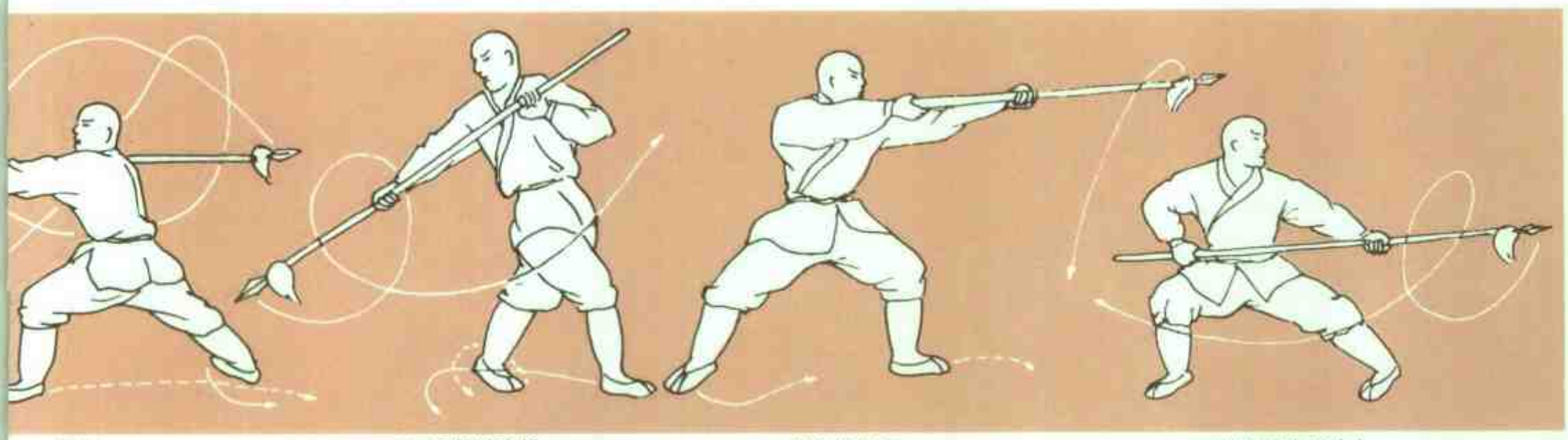


喉槍
forward and poking the throat

9. 槍打把面傷 (1)
Destroying the face (I)

(2)
(II)

10. 滚身刺一槍
Rolling the body and making a bayonet

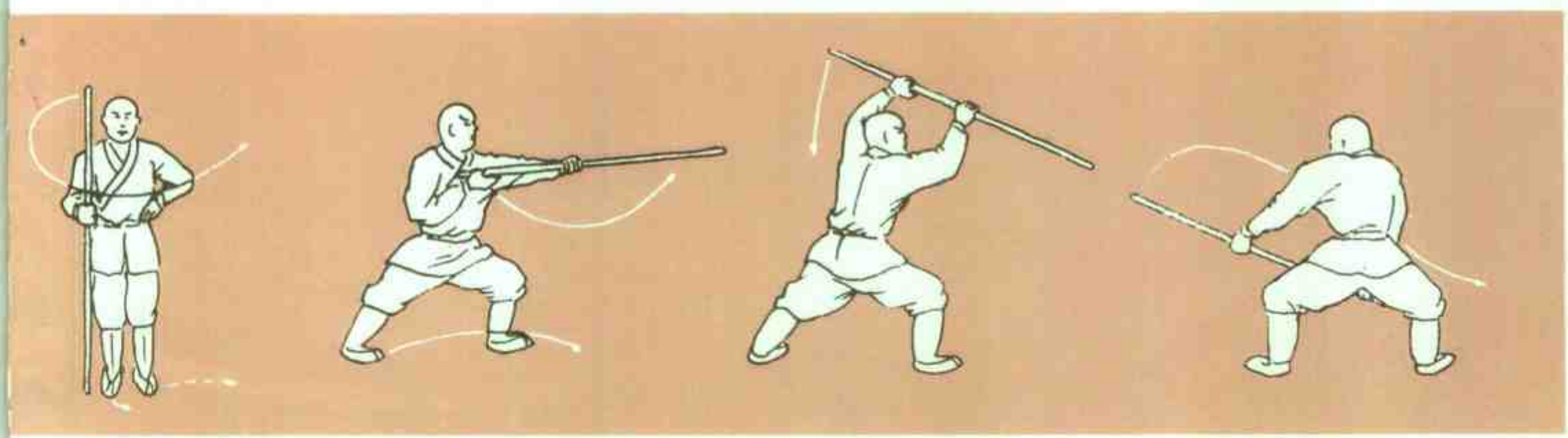


3. 弓步挑把
Stepping forward and carringthe spear on the shoulder

14. 巧使腋窩槍
Bayonetingthe armpit

15. 轉身梅花舞
Turning round and performing a plum — blossom — dance

16. 立脚鎮中岳 (1)
Stamping feet and shaking the Zhongyue Mountain (I)

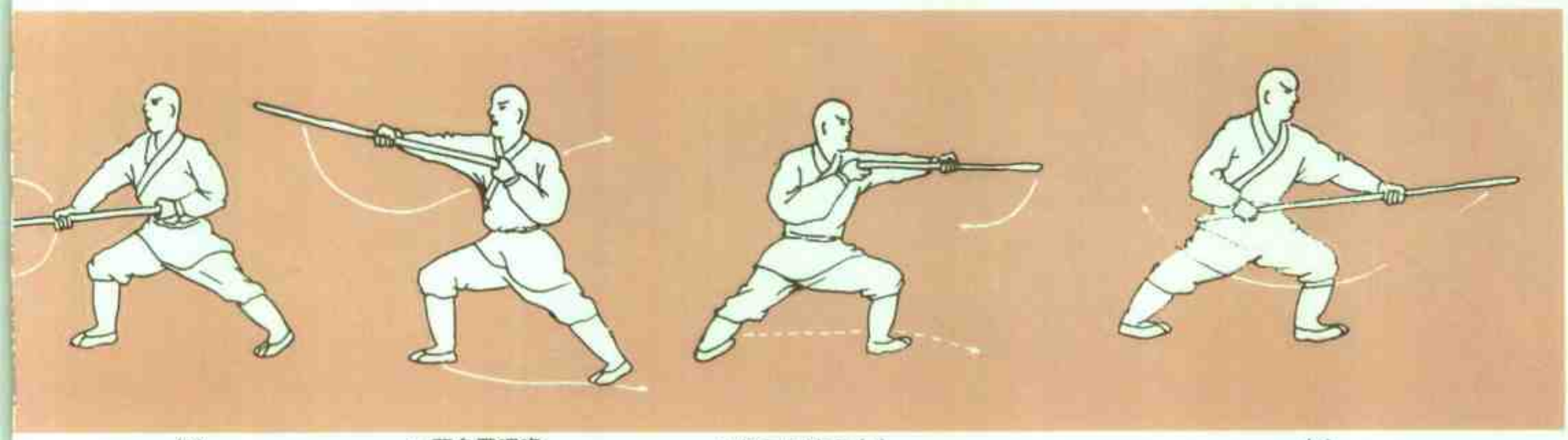


1. 預備勢
Preparation

2. 開山棍 (1)
Splitting the mountain (I)

(2)
(II)

3. 原地翻身
Turning over on the spot

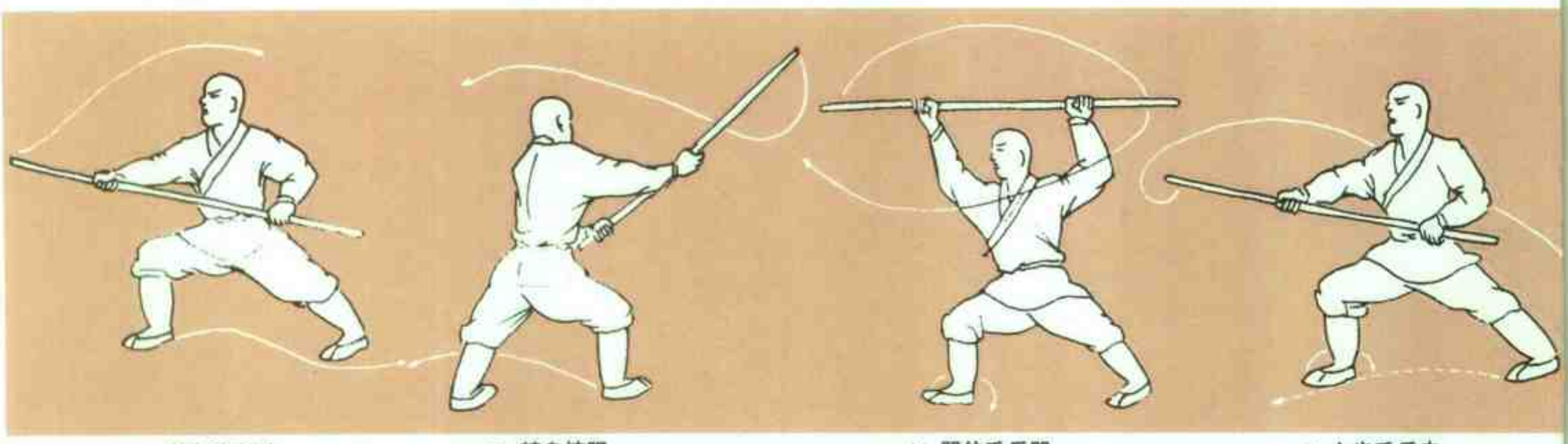


(2)
(II)

7. 翻身戳咽喉
Turning over and poking throat

8. 揮舞倒滚身 (1)
Rolling the body and performing the cudgel — dance (I)

(2)
(II)

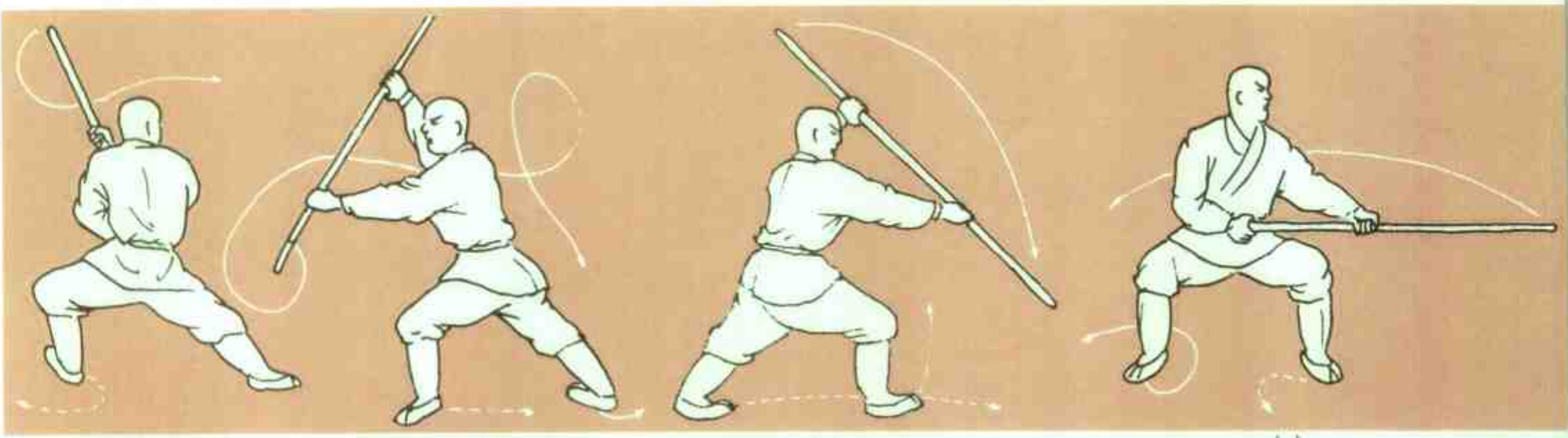


9. 前刺克敵槍
Bayoneting forward

10. 轉身撩陽
Turning round and stiring up

11. 閉住千斤門
Closing Qianjin Door

12. 上步千斤走
Steping forward

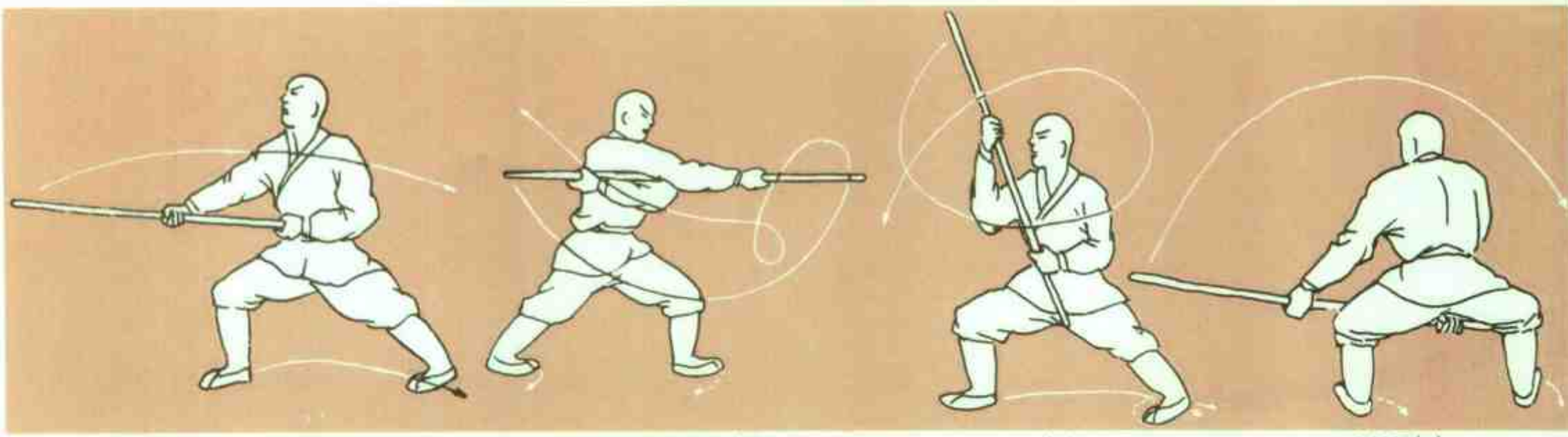


13. 蓮花蟯步走
Zigzagging

14. 挑走泰山勢 (1)
Carrying Mount Tai away onthe cudgel (I)

(2)
(II)

(3)
(III)



15. 腦後棍
Thrusting stick from behind head

16. 鶺子翻身 (1)
Pigeon turning over (I)

(2)
(II)

17. 白猿獻果(1)
White ape presenting fruits (I)

(2)
(II)

(3)
(III)

18. 大破天王莊
Defeating the heaven king villege

19. 白猿歸澗
White ape coming back to the gully

20. 收勢
Restoring to the preparation posture

坐禪　Sitting in meditation

Shaolin Kung－fu
少林功夫

少林功夫博大精深，内容廣泛，分爲三十六外功和三十六内功，合稱七十二藝。而每一種功都與氣功有着密切的聯係。如鐵臂功、排打功、鐵頭功、鐵布衫、拔鐵釘、玉帶功、一指金、鐵砂掌、踢樁功、蛤蟆功、吊功、火功、千斤墜、鷹爪功、打木人、輕身術、童子功等等。習武者，於拳械之外，還須練軟、硬功夫一、二種或數種。武林名家常講:"打拳不練功，等于一場空"、"練功不練拳，到老没招傳"。可見功夫與拳術、器械的關係。猶如耳目的關係一樣密切必須兼修並用。一旦功法練成，不僅能以氣制人、槍也不損，而且可以强身健體、延年益壽。

近年來，少林功夫更以其獨特的功效、深妙莫測的技法，越來越受武術愛好者的歡迎。

Shaolin Kung－fu is extensive. It consists of 36 external exercises and 36 internal exercises. They are called in combination the 72 hand－combat arts of Shaolin. Each kind of exercise has a very close relation with Qigong (deep breath control exercise). such as Tiebigong (the iron arm exercise),Diaogong (the exercise of hanging from a tree with a rope round the neck), Tiebushan (the belly exercise), Yizhijin

(the exercise of head standing on one finger), Huogong (the exercise of licking a burning hot iron shovel), Tietougong (the execrise of head training), Badinggong (the exercise of pulling nails out from a nailed plate by fingers), Yudaigong (the exercise of abdomen) Tieshazhang (the exercise of palm), Tizhuanggong (the exercise of breaking) a stake with one foot), Hamegong (a toad-like exercise), Qianjinzhui (the exercise of hefting a 25-odd-kg stone block attached to the testes with a rope), Yingzaogong (the exercise of a hawk's claw), Damuren (the exercise of hitting a wood figure), Qingshenshu (light exercise) and Tongzigong (chidren's exercise). The Shaolin wushu players should have the training of light exercise and hard exercise as well as the training of managing various Shaolin wushu weapons. The masters of wushu circles often say that "Your efforts will be futile if you fail to prectise martial arts" and "You will have nothing to pass on to the new generation till the aged time if you fail to practise boxings".

From this point of view you can see that the relations between the King-fu, boxing and weapons are just like the relations between the eyes and ears. Once you manage the skills of Shaolin Kung-fu, you will not only defeat the enemies withour any losses, but also keep strong, powerful, and prolong your life.

In recent years, Shaolin Kung-fu is more and more popular among wushu amateurs for its special efficacy and profound, unfathomable skills.

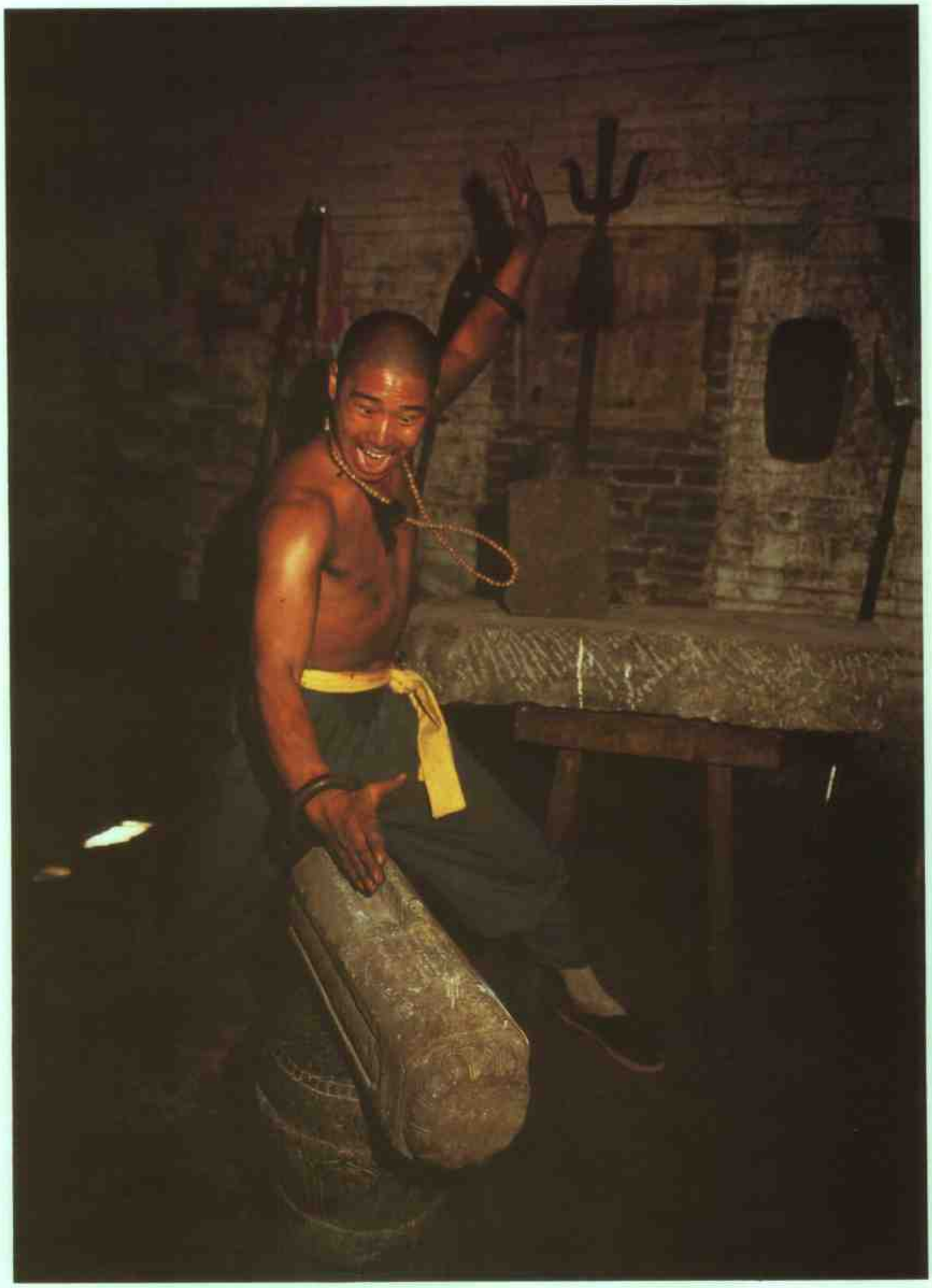
爬功

Crawling exercise

打砂袋 Beating the sand bags

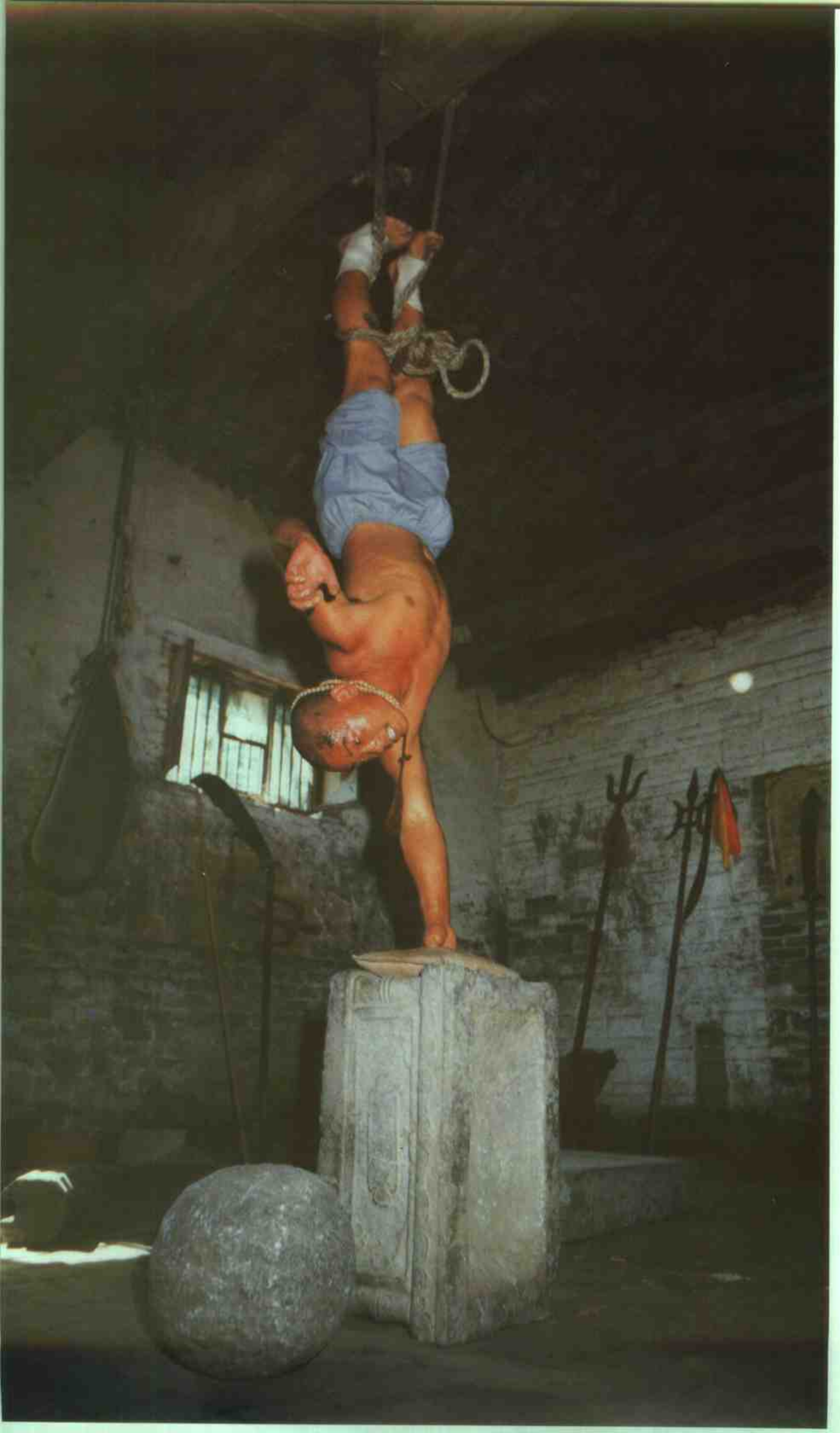
雙叉功

The exercise of
diverging the
legs and the arms



斬魔掌
Evil－killer

百斤鐵壺斟茶練功
Offering tea to the weighs as much as 20kg guests is also a part of the training with the kettle



倒掛金剛錘

Hanging upside down

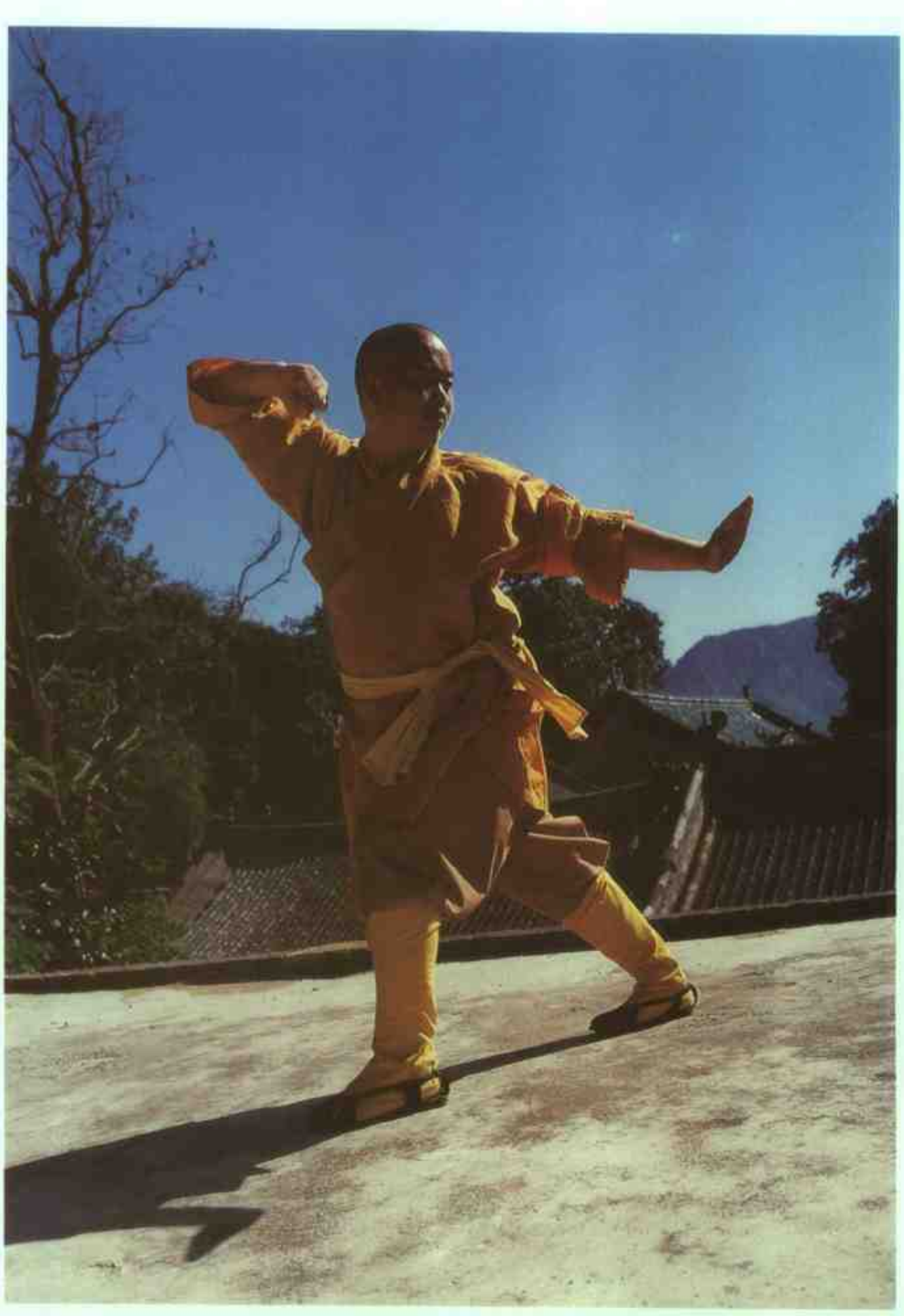
内功心意椿　Internal exercise – heart – and – mind boxing

吊金鐘　Hanging golden bell

Twelve Styles of Yijinjing
易筋經十二式

The full name of Yijinjing is called the Bodhidharma Yijinjing, one component part of Shaolin external Qigong (the exercise of deep breath control). To practise the Yijinjing frequently can recuperate the Yin (Positive) and Yang (negative), keep fit, dispel diseases and prolong life.

易筋經"全名"達摩易筋經",是少林外氣功的組成部分之一。常練可以疏通經絡,調理陰陽,振神健體,祛病延年。

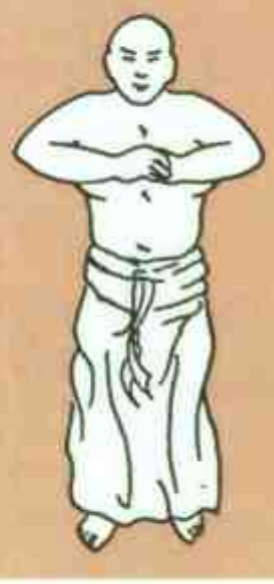


少林易筋經

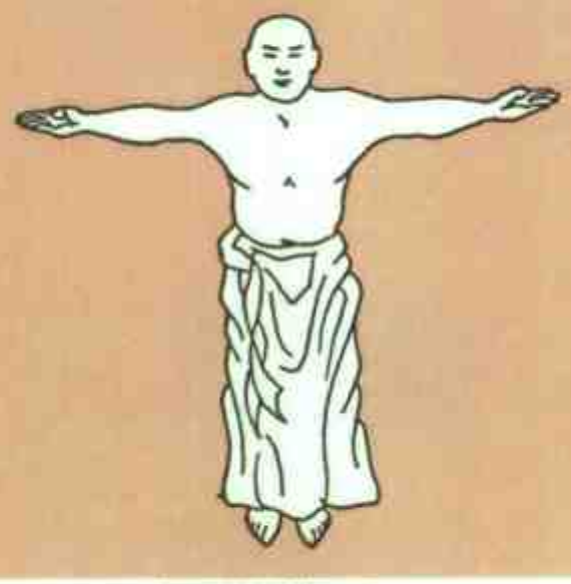
Shaolin Yijinjing

十二式圖解
少林易筋經

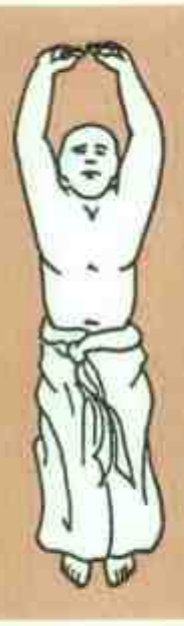
Shaolin Yijinjing



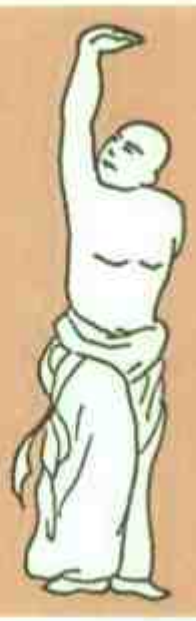
一. 韋馱獻杵第一式
Weituo presenting pole (I)



二. 韋馱獻杵第二式
Weituo presenting pole (II)



三. 韋馱獻杵第三式
Weituo presenting pole (III)



四. 摘星換門式
Picking up star

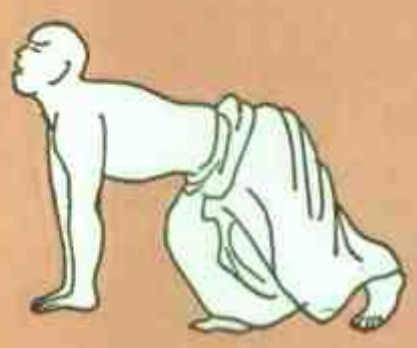
五. 倒拽九牛尾式
Withdrawing cattle tail

六. 鏨爪亮翅式
Spreading wings

七. 九鬼撥馬刀式
Pulling out sword

八. 三盤
Three sections falling

九. 青龍探爪式
Black dragon snatching



十. 卧虎撲食式
Hungry tiger seizing food

十一. 打躬式
Bowing

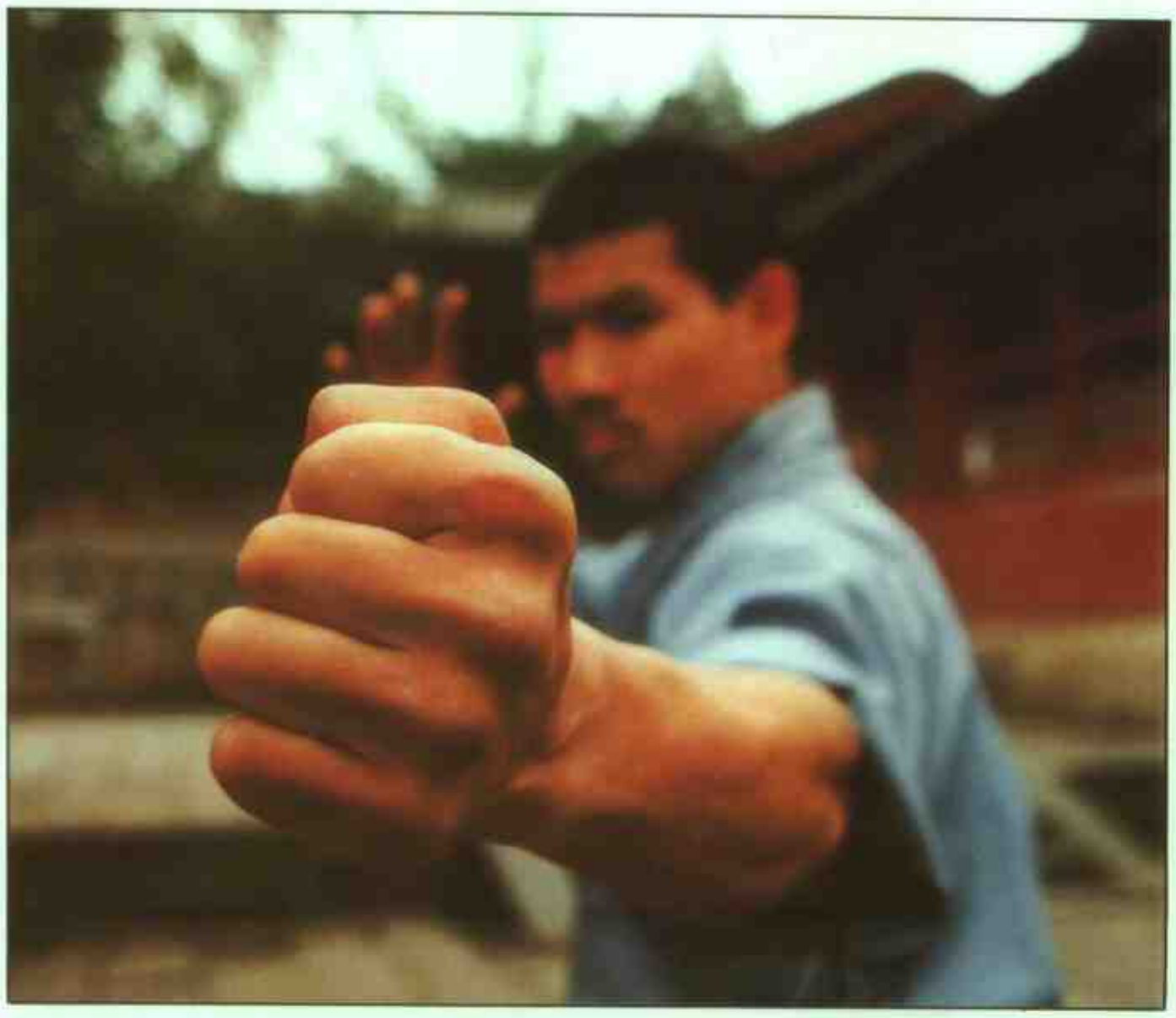
十二. 掉尾式
Erecting tail

Shaolin Boxing
少林拳

人們常說："十八般武藝拳爲源"。拳，握而不伸，握固其指，團聚其氣的握法是：除大拇指外，其餘四指是靠攏伸直，然後食指、中指、無名指、小指的第二、三節指骨，向内彎曲，最後握拇指，使它的指骨壓在食指、中指的第二節指骨上，緊握一齊着力，定能擊之不散，分之不開。拳，擊時散手，着人成拳。就是説在落點的一瞬間，把拳握緊，迅速一擊，擊後松拳。平時練習也應如此。拳法有標拳、陽拳、陰拳、砸拳、劈拳、飛拳等。主要用于疾擊對方的不同部位。少林拳套路繁多，集衆家之長。

According to the historical record, the "18 routines of Luohan boxing" is the embryonic form of Shaolin boxing. The basic elements of Shaolin boxing involve the hand, the eye, the body and the foot. the hand movement should be neither entirely crooked, nor entirely straight, but must be flexible. The skill of making a fist is as follows : keep four fingers abreast, stretch straightly, crook the second and third joint bones of the forefinger and the little finger, then crook the thumb and put its joint bone on the second joint bones of the forefinger and the middle finger, at last clench the fist. Loosen the fist after a quick blow.

Shaolin boxing has various routines and incorporates the strong points of different schools. The model shaolin boxings include biao Boxing, Yang Boxing, Yin Boxing, Tamping Boxing, Choping Boxing and Flying Boxing.

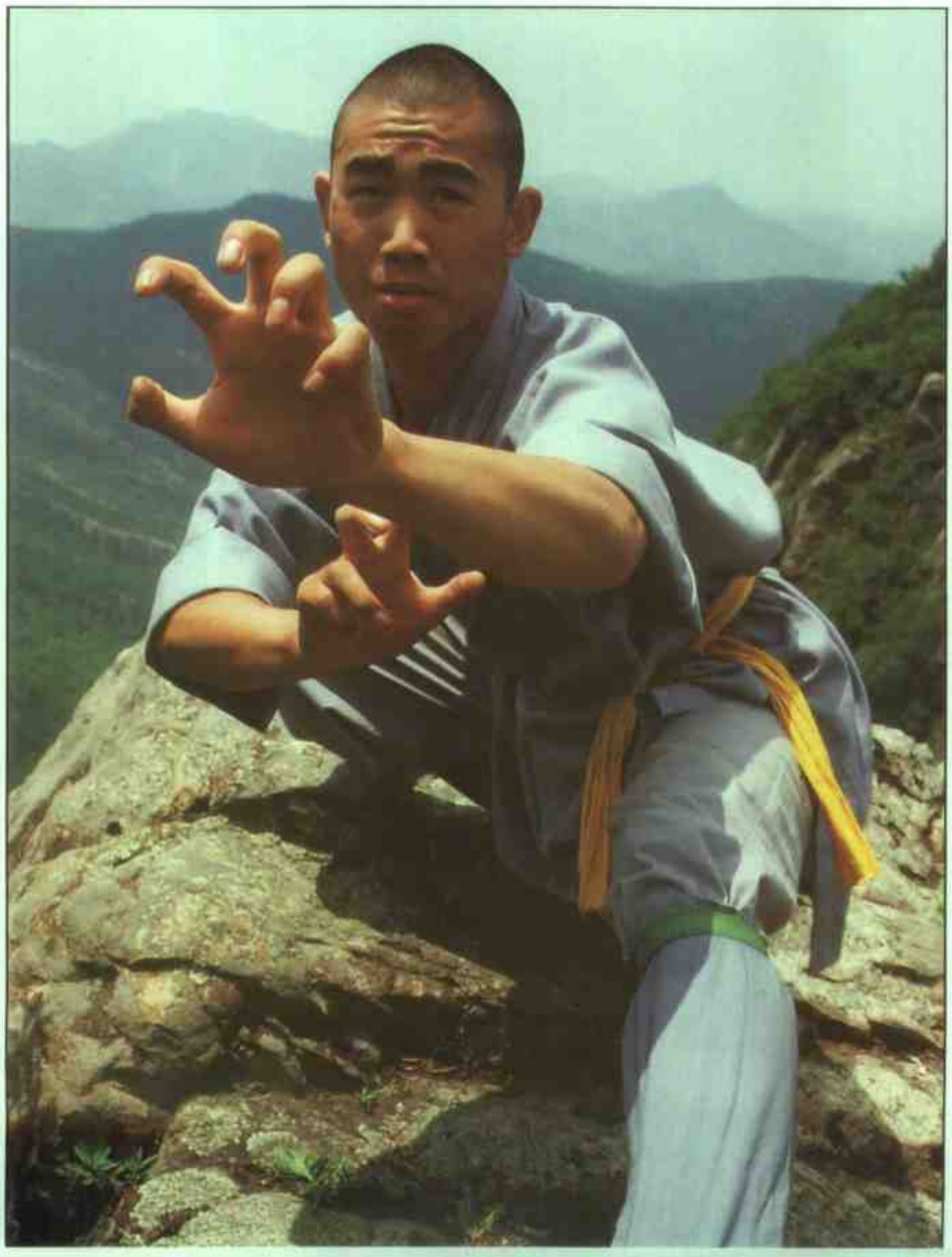


少林拳
Shaolin boxing

The Hand Exercise
實用手法

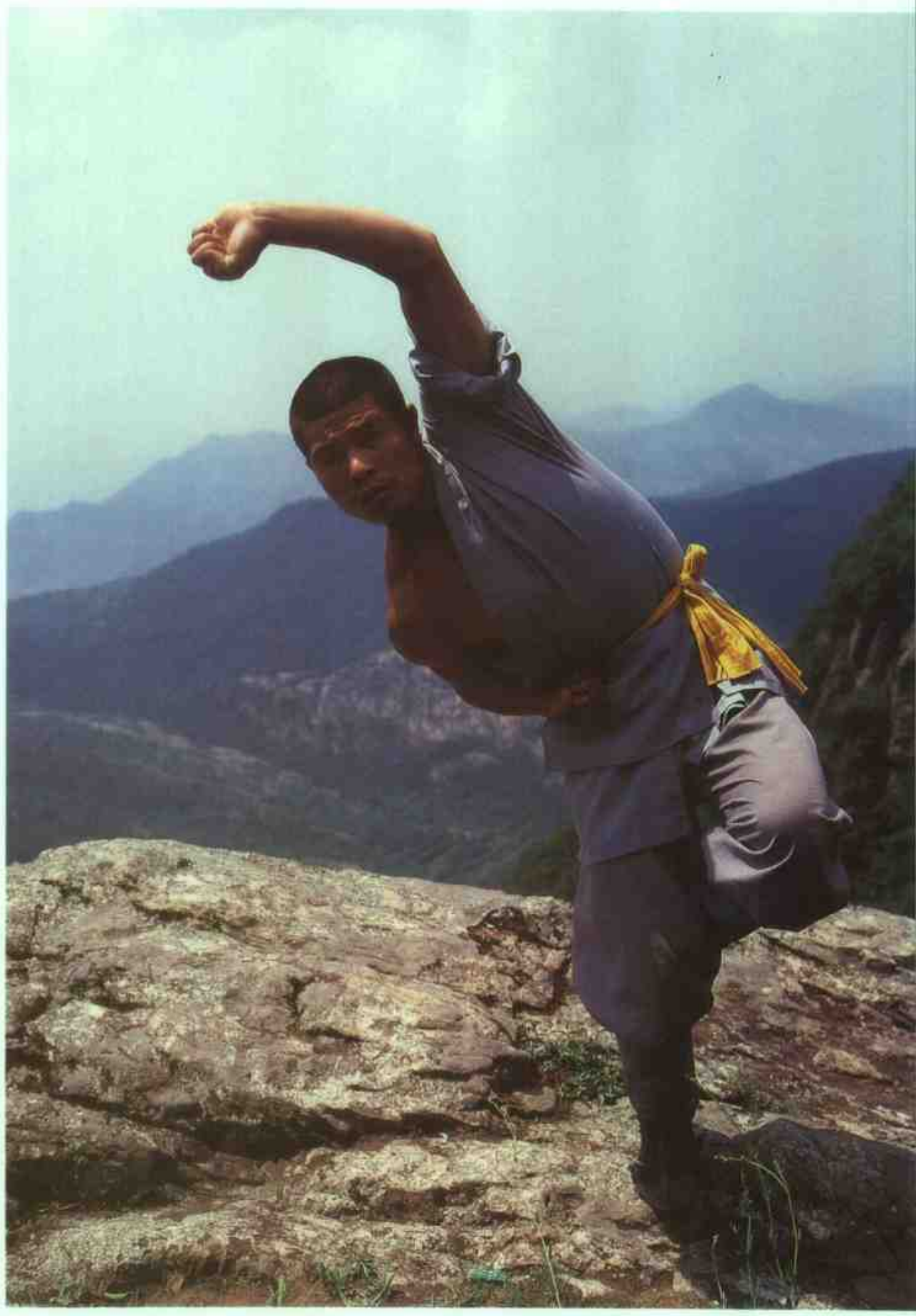
手法有牽沿手，即雙握手之變法，用左右手作回環護欄之勢。此手能練圓時，則指臂靈活。此手用法與牽沿相異者，牽沿取正面之格攔勢。此則取其側面，乘勢以揮擊敵人之腋窩，並可作回護勾格下部遇敵之用。演練時，手向內纏，非向外纏，觀鉤格二字自明，若向外纏，則相擊已甚，學者謹記。長短分龍手(又名猿手)如敵人以手或木棍擊來，則以左右隨時沿格，敵手與物遂落空不能中。于是再進一步，隨機以取要害。插手，又名點手，有掌插、指插、駢指插、三指插等等之異。然此非于氣功練習精到，不易學練，爲一指插最難。以此名者，僅了了數人而已。練精一指功，需五十年之力。此外還有剪手、砍桃手、托手等手法名目甚多，其要總不出于此種變化。然所最宜注意者，初入門時，不妨廣爲練習，以堅筋骨而別門户，操之純熟，則選擇一正宗手法，專求精到，貴先博而後約。手法愈簡易，功夫愈精到，總以恒心每力赴之，自能抵達化境，若只求法求多，千通萬曉，而自己無一獨到之處，則終屬下乘。

The purpose of practising the Hand Exercise is to make fingers and arms more flexible and nimble. During the fighting against the enemy, you can use this Kung－fu to attack the enemy's armpit and crotch, and withstand the enemy's flank attack. The hand Exercise is intensively devided into several kinds such as the ape-hand exercise, the inserting－hand exercise, the dodging－hand exercise, the cutting－peach－hand exercise.



神爪

Magical－claw exercise



猛虎出澗

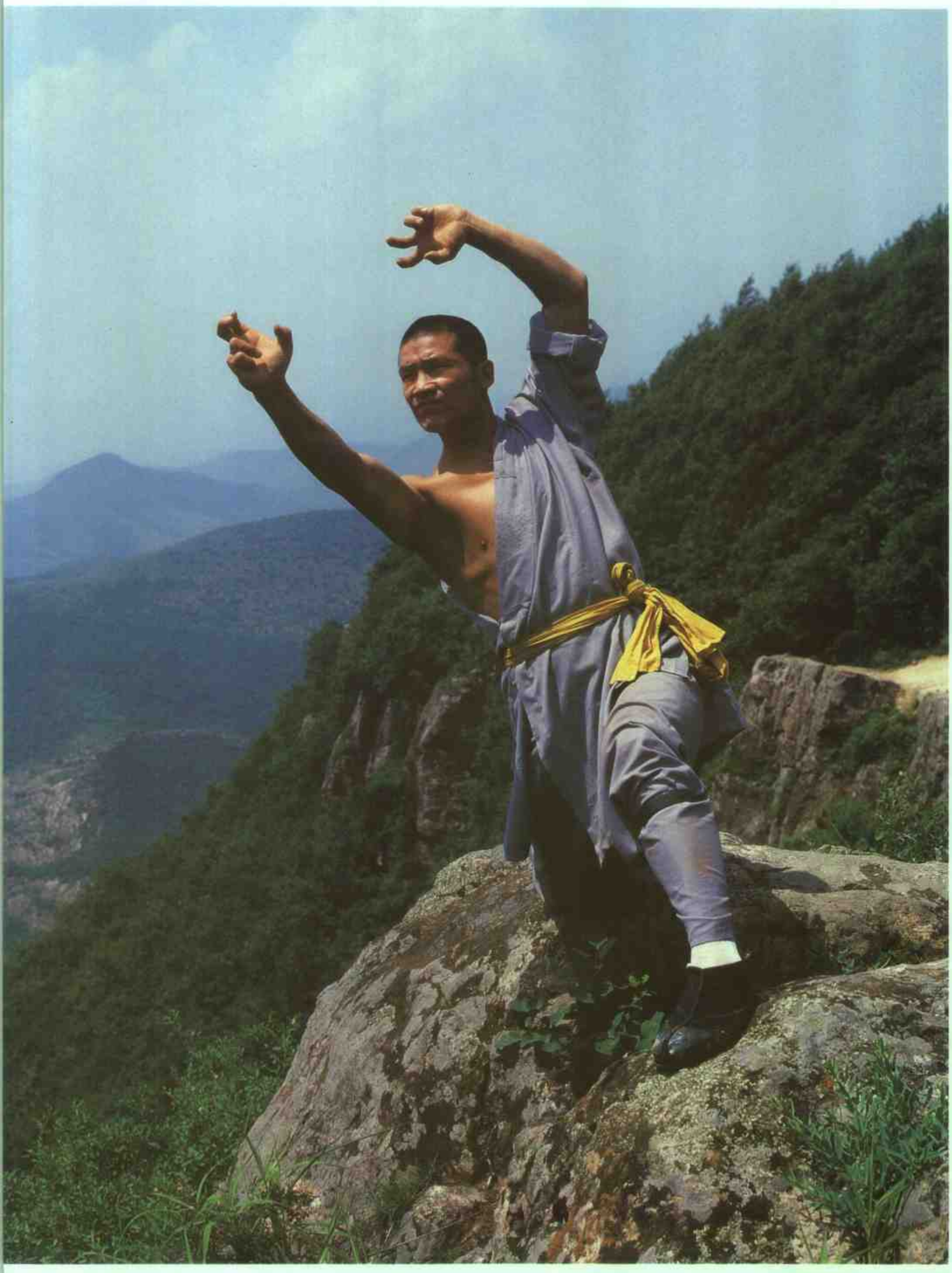
Fierce tiger coming from the gully

撥雲望月

Dispelling the clouds and seeing the moon

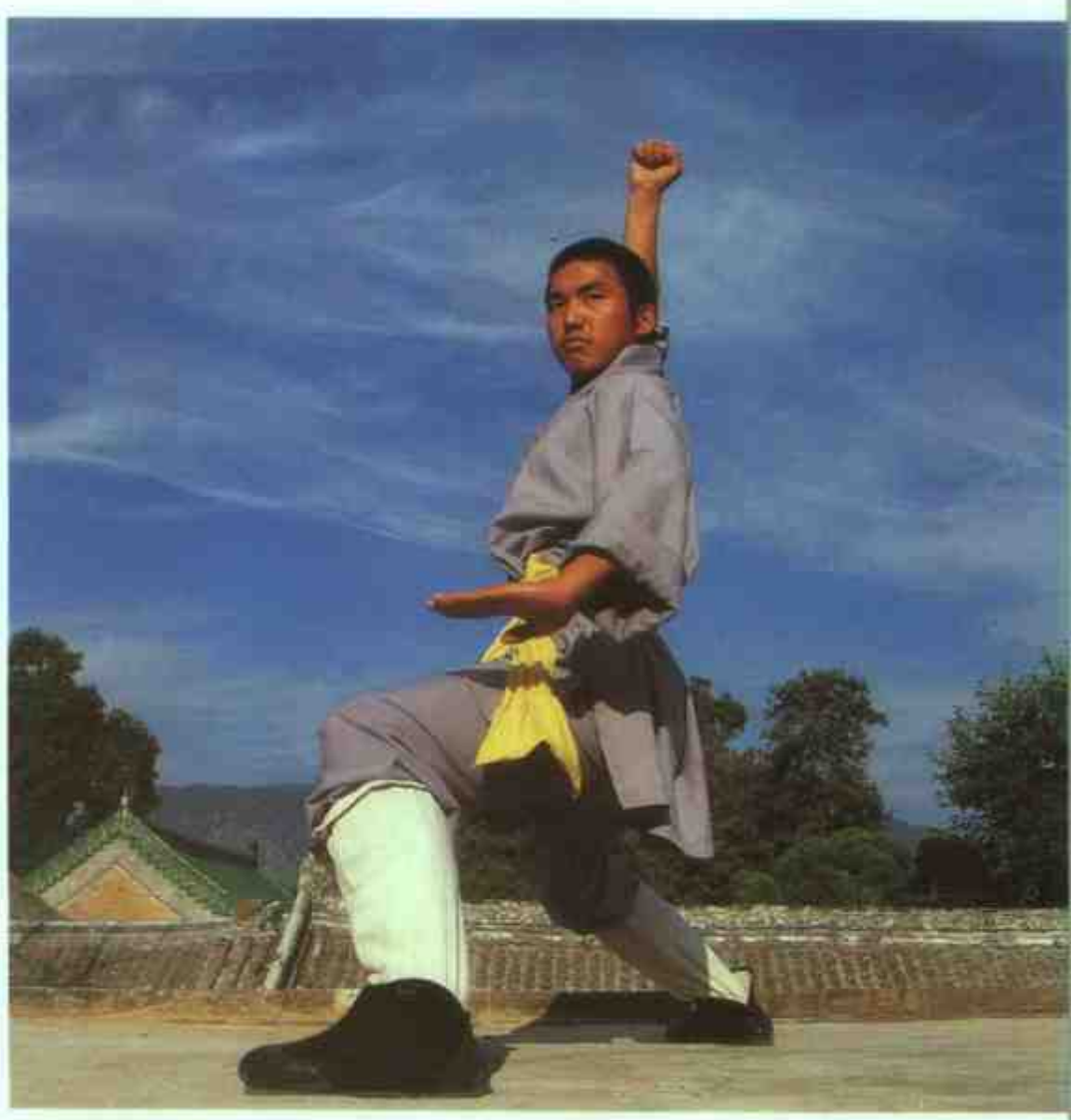
地趟拳

Ditang boxing



鷹拳　Eagle – like boxing

形意拳　Xingyi (mind) boxing

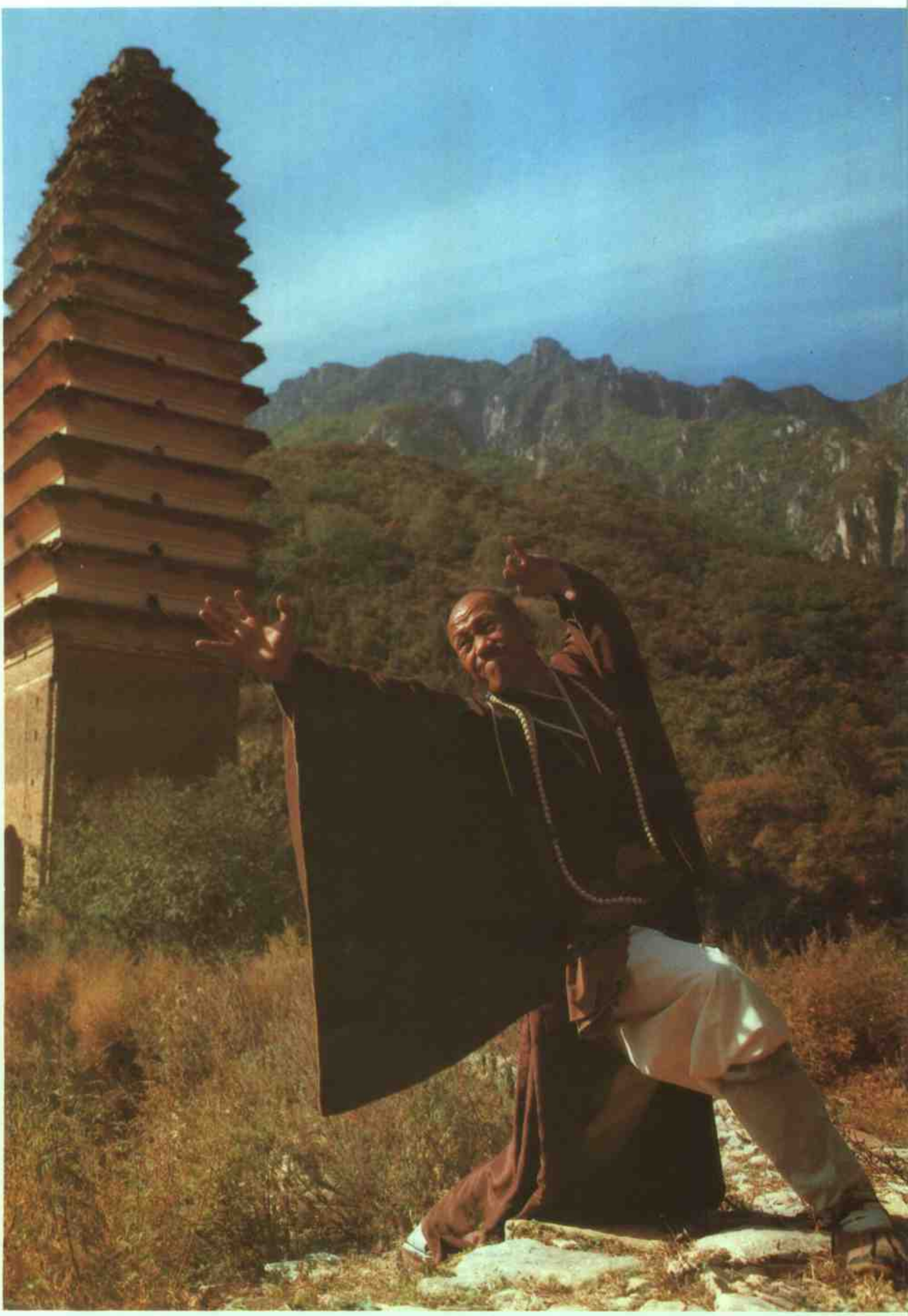


梅花拳　Meihua (plum – blossom) boxing

炮拳　Pao (cannon) boxing

通臂拳

Tongbi (long arm) boxing



少林關東拳

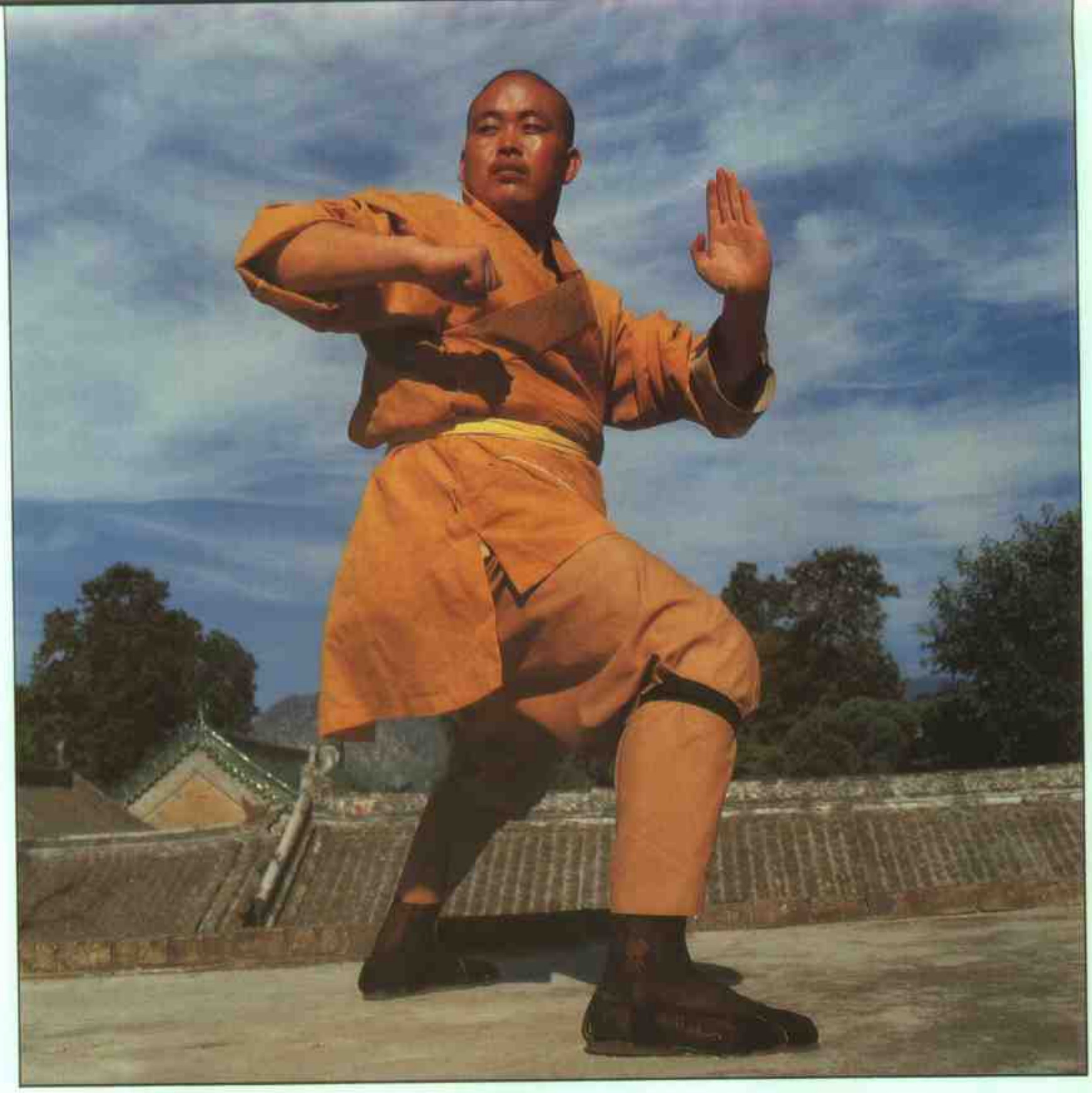
Shaolin Guandong (northeast China) boxing

組和拳　Zuhe（combinition）boxing

看家拳　Kanjia（special）boxing

金剛鐵肘

Iron elbow

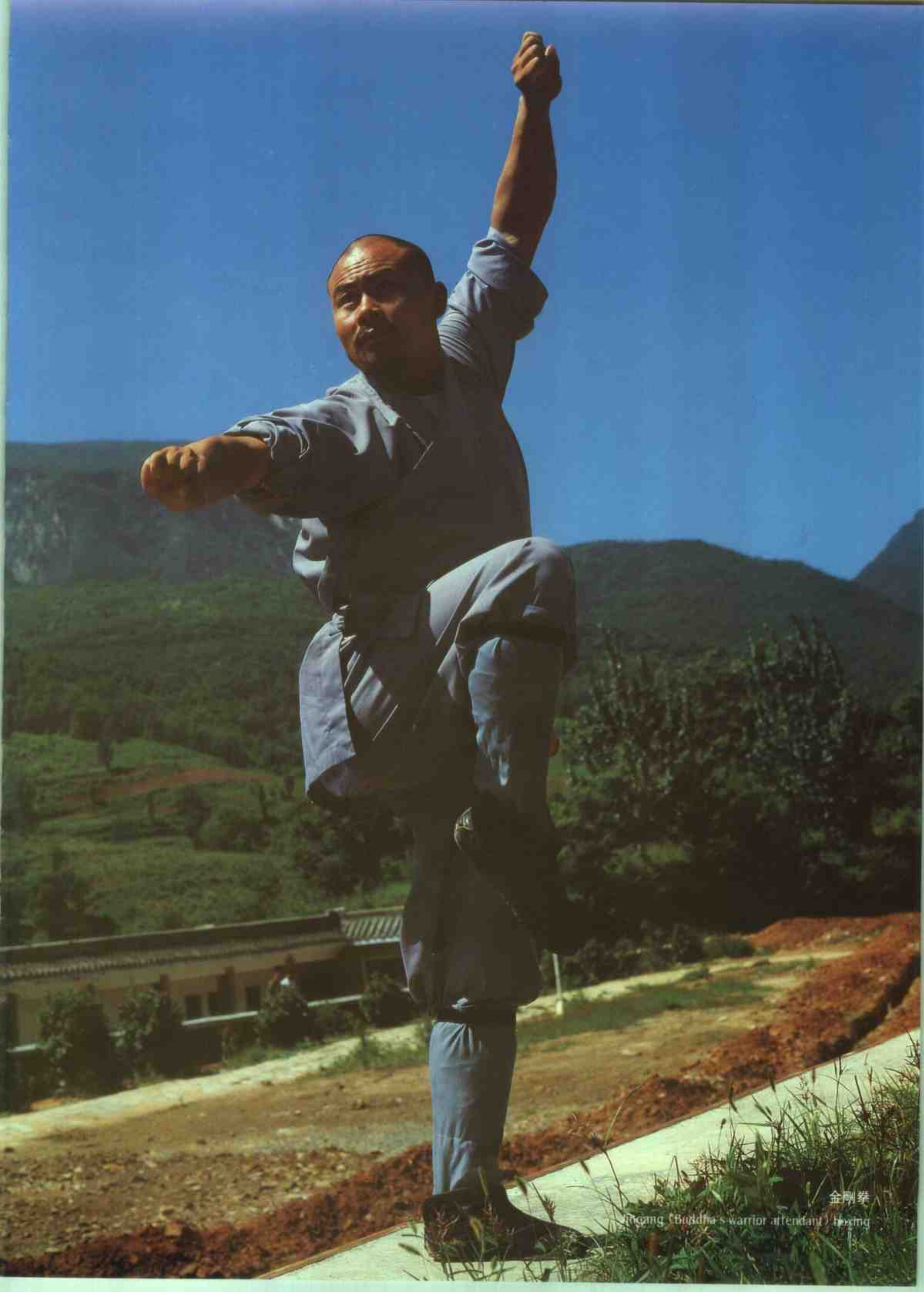


二虎相峙

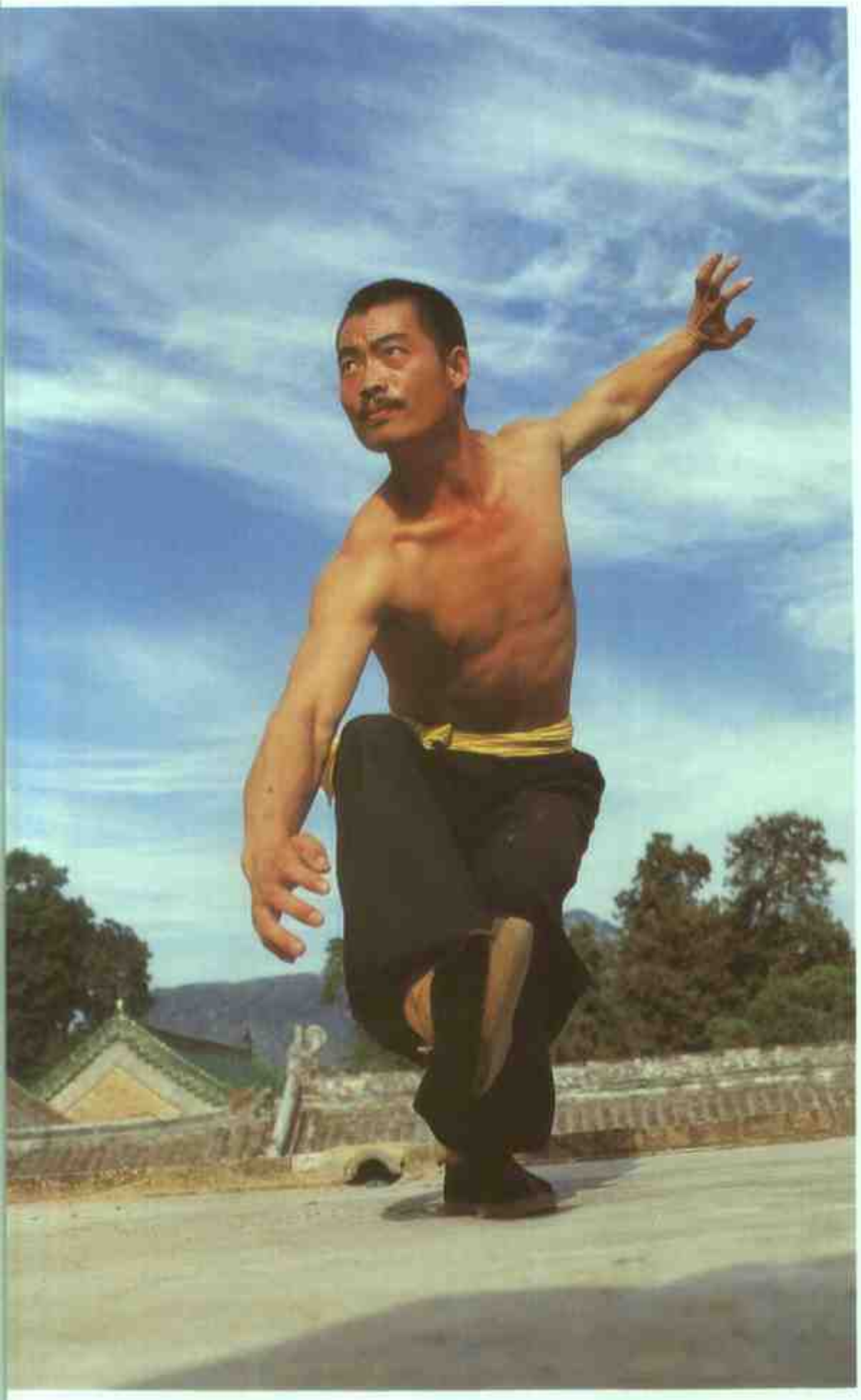
Two tigers fighting
at a dead lock

心意拳

Xinyi (mind – and – heart) boxing



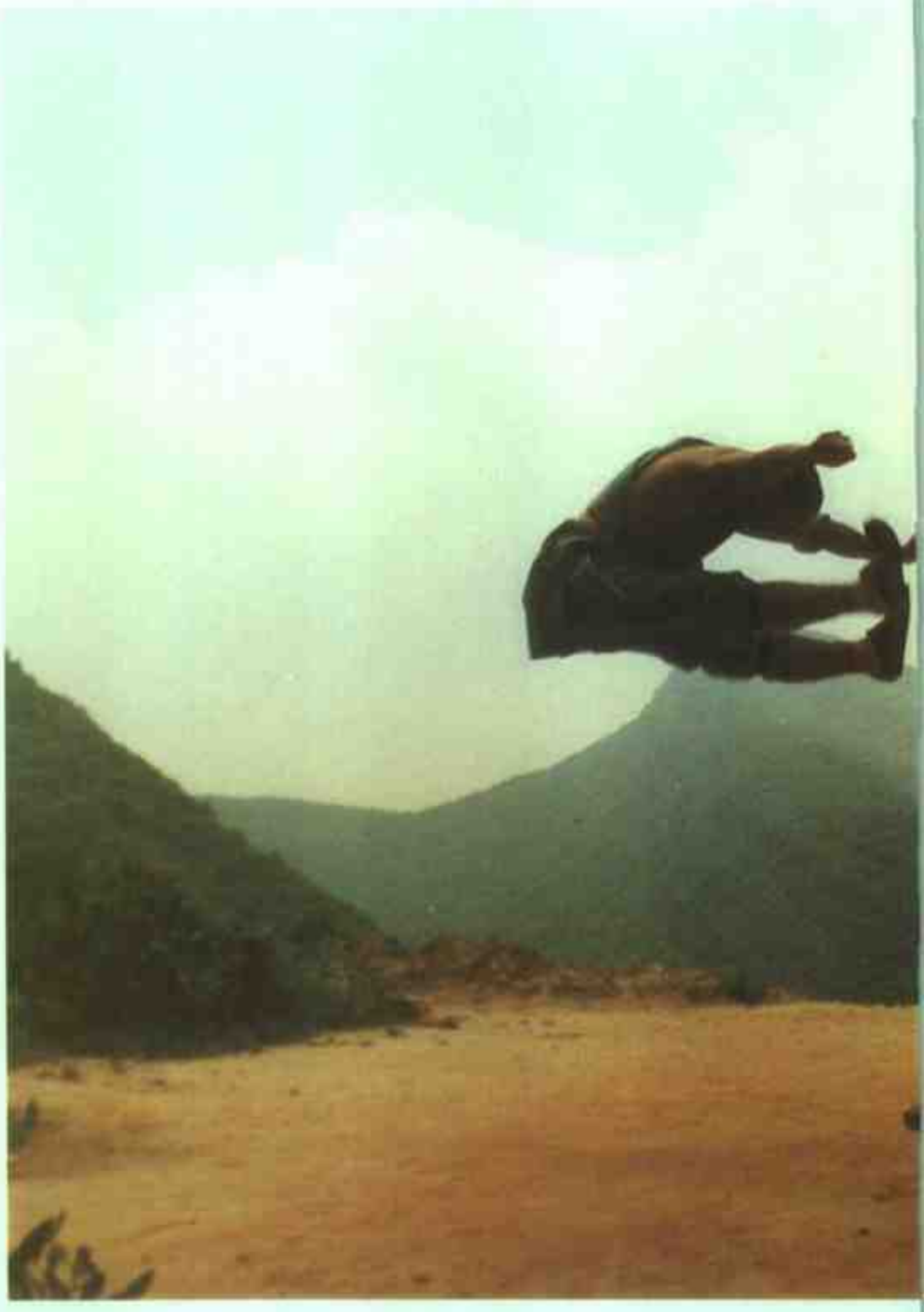
金剛拳
Jingang (Buddha's warrior attendant) boxing



長户門拳

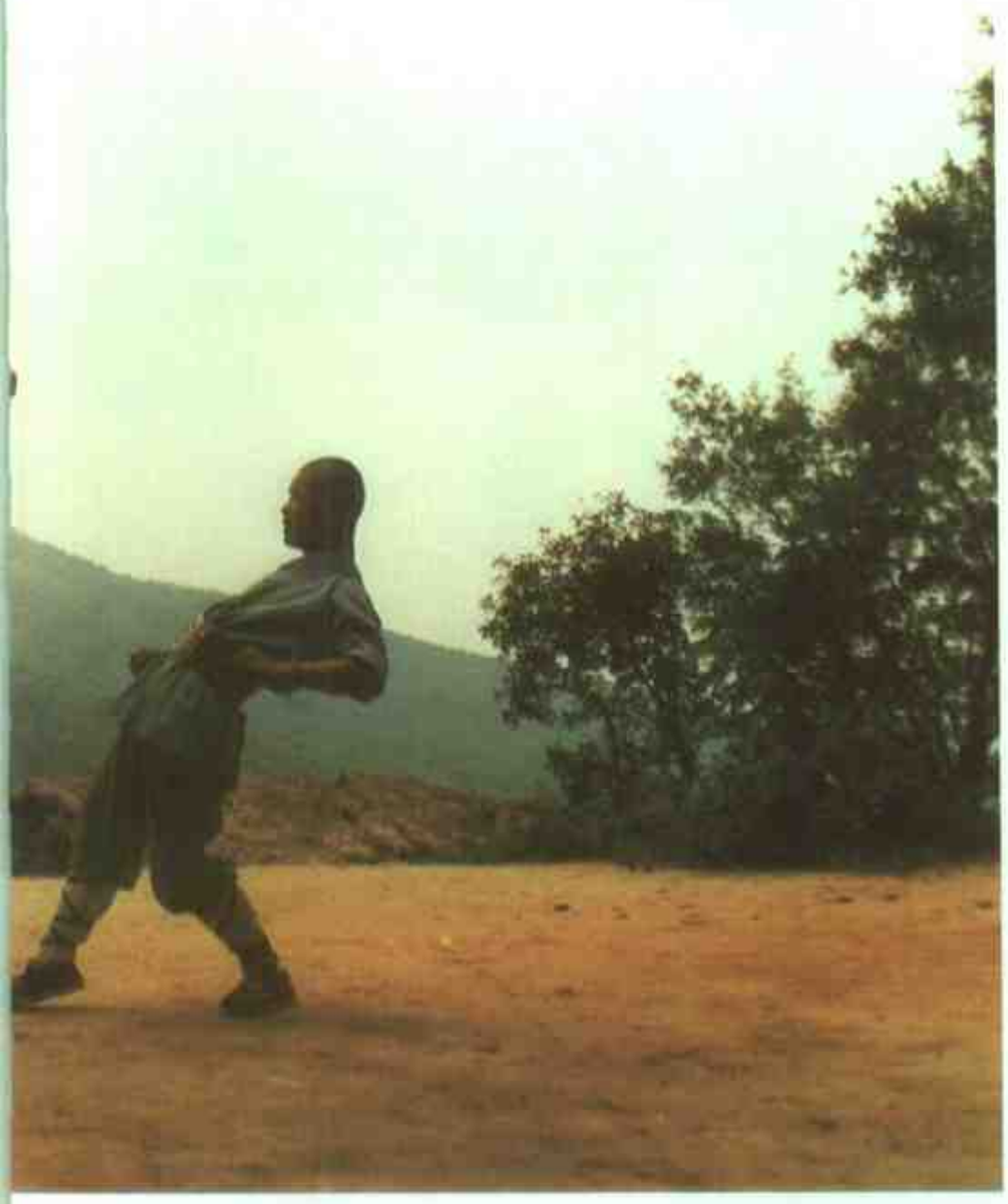
Changhumen

(safegarding) boxing



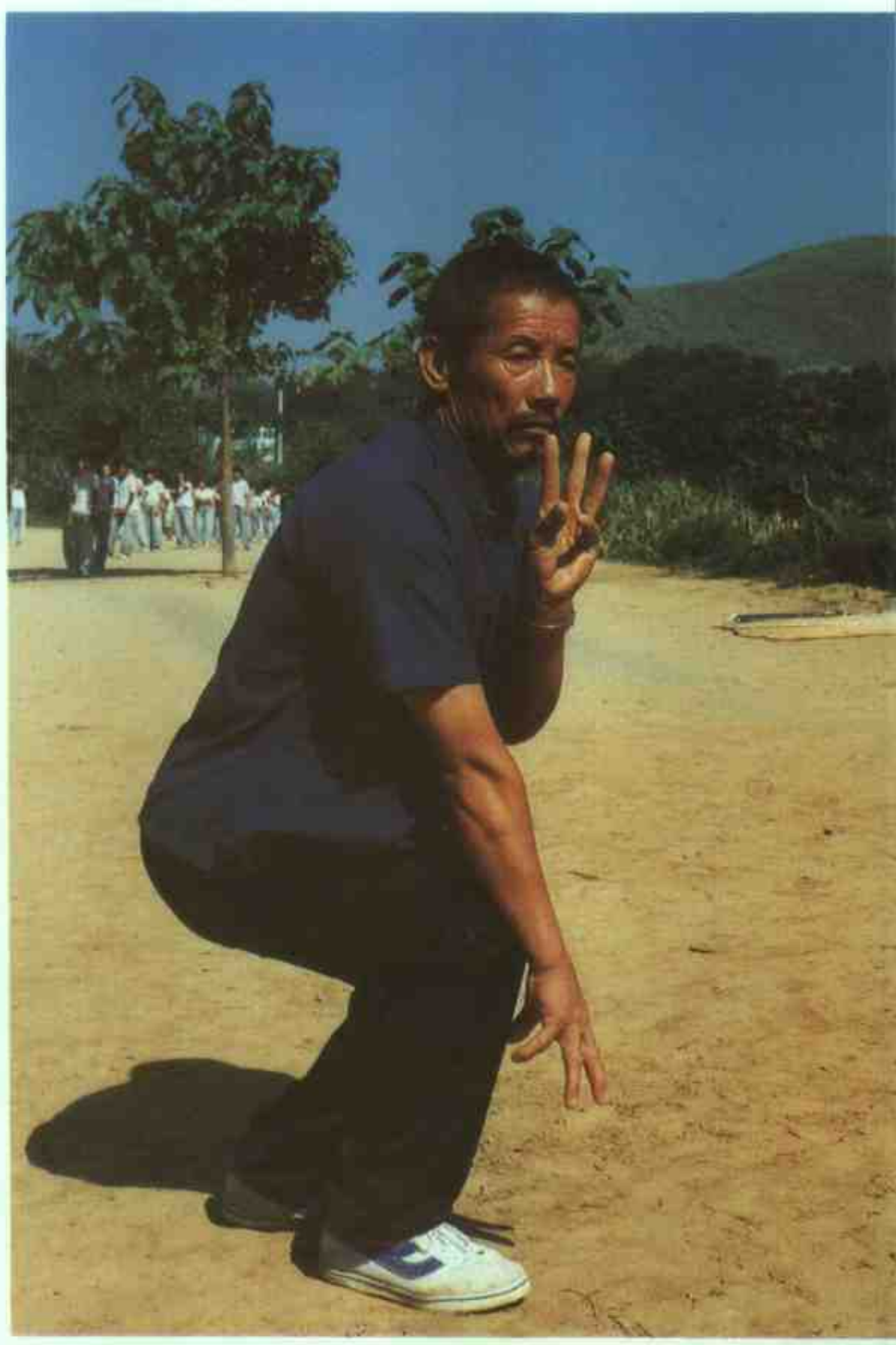
Liuhe boxing 六合拳

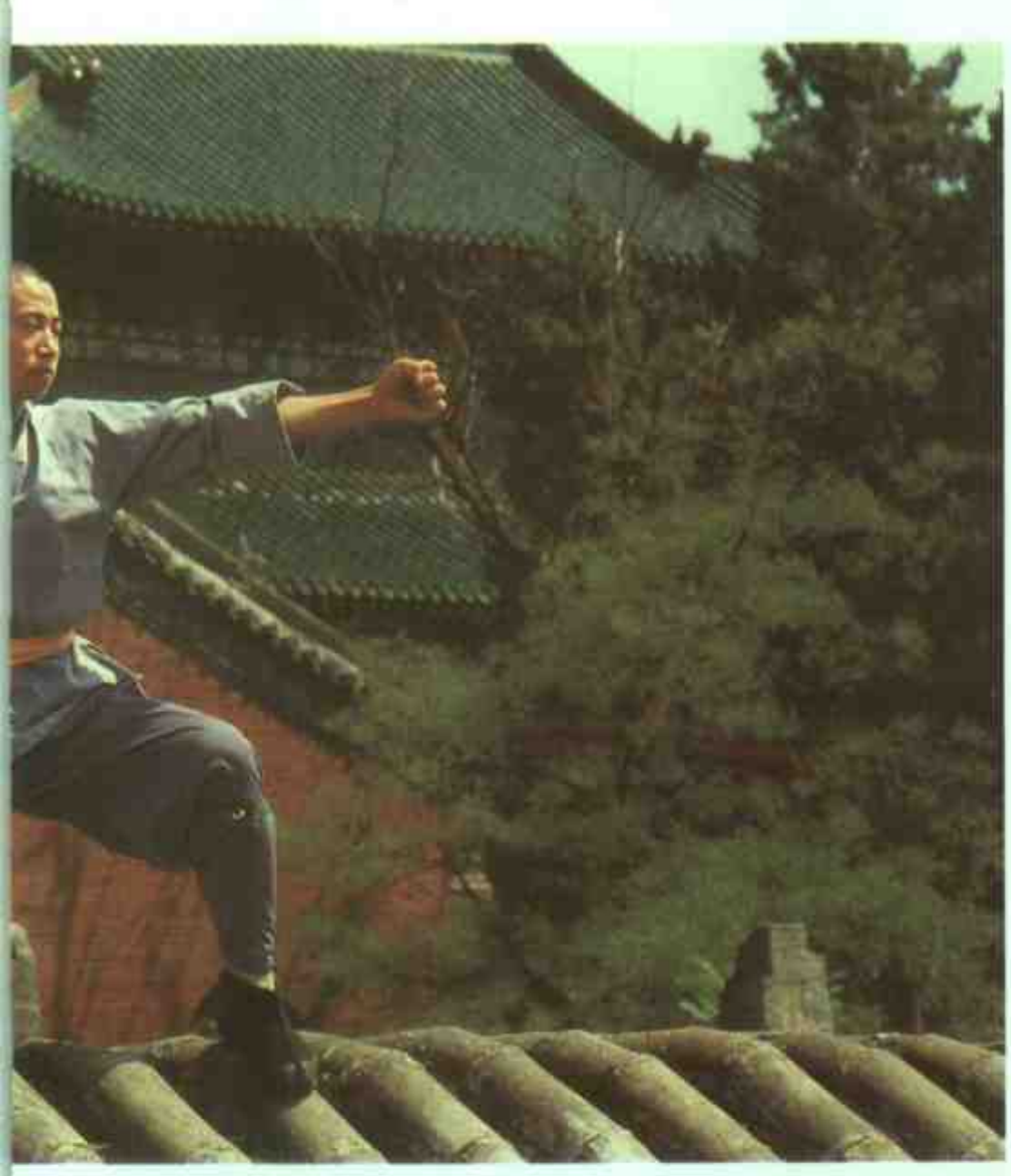
惡虎侵食　Hungry tiger pouncing on its prey



七星拳

Qixing（seven－star）boxing

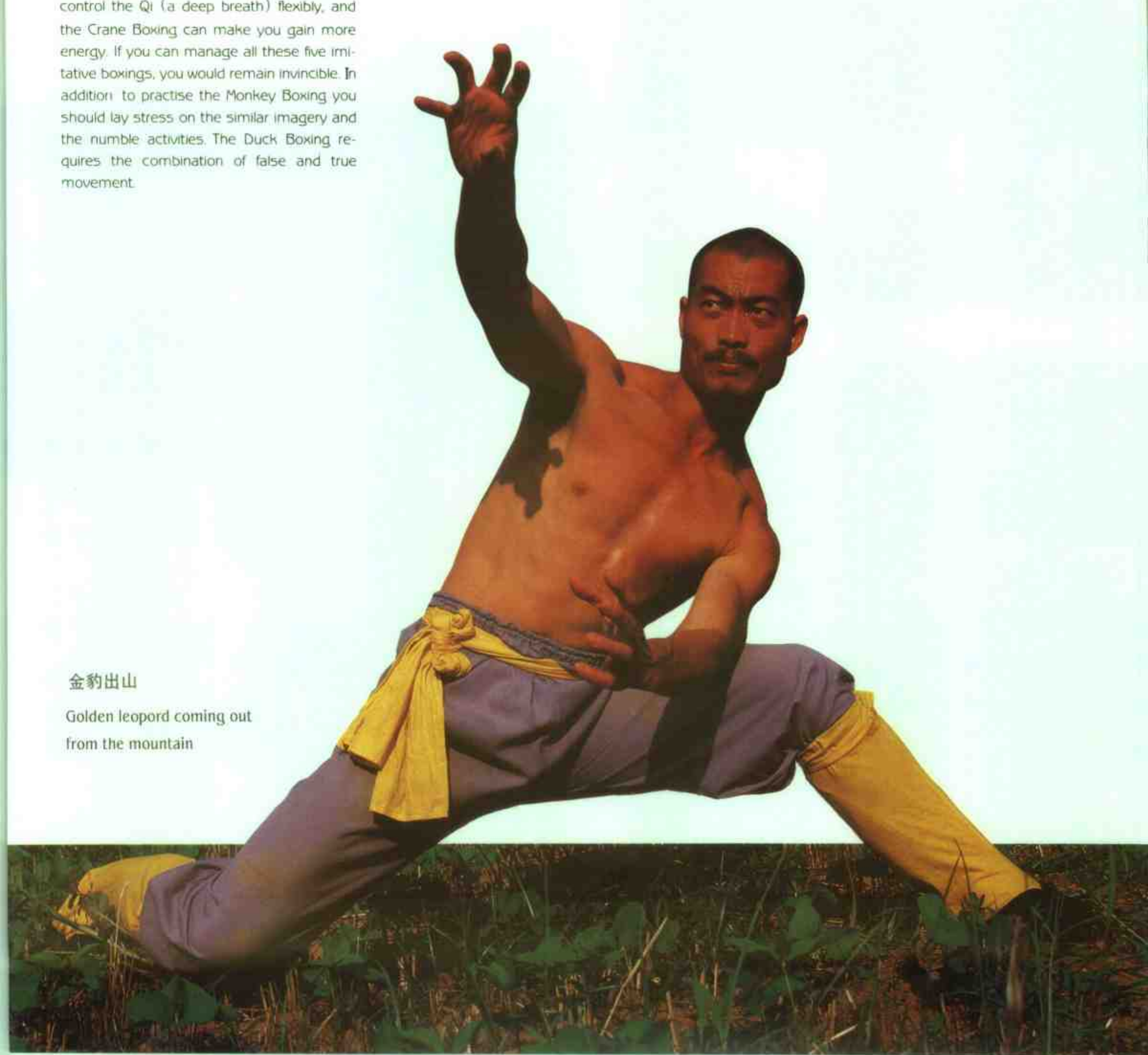




The Imitative Shaolin Boxing
象形拳

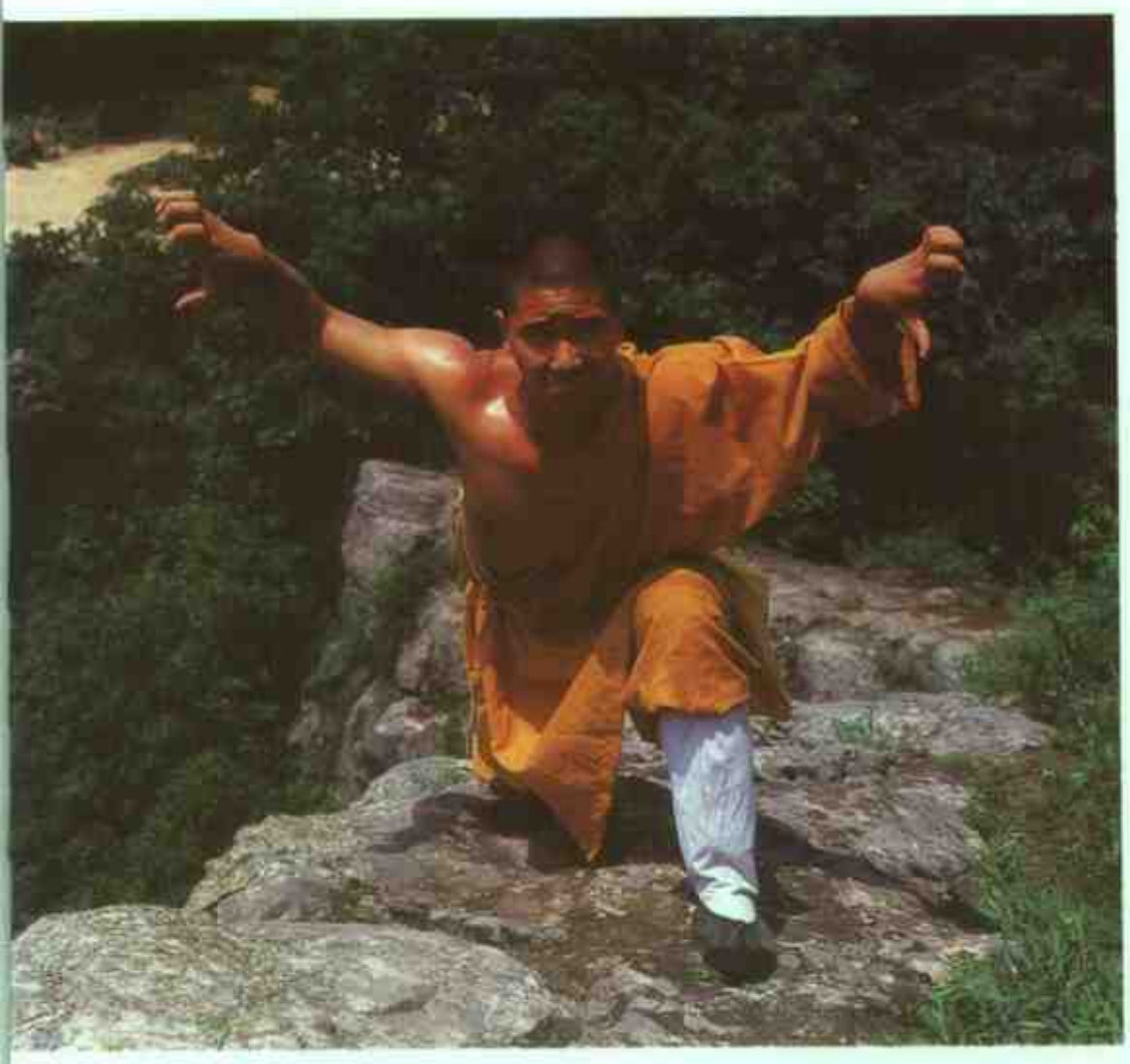
The Imitative Shaolin Boxing has a long hitory. During the Han Dynasty, the imitative boxing routines had emerged which imitated the animal activities, or derived the characteristics of animals' activities and combined the imitation with the techniques of offensive and defensive. To practise the imitative Shaolin boxing is not only for the wushu training,but for the physical purposes. For instance, the Dragon Boxing can improve the vitality ; the Tiger Boxing can stregthen the physique ; the Leopard Boxing can increase the power ; the Snake Boxing can control the Qi (a deep breath) flexibly, and the Crane Boxing can make you gain more energy. If you can manage all these five imitative boxings, you would remain invincible. In addition to practise the Monkey Boxing you should lay stress on the similar imagery and the numble activities. The Duck Boxing requires the combination of false and true movement.

象形拳歷史悠久，漢代已有模擬動物或吸取動物動作特點並結合攻防方法的拳種。少林象形拳在模擬各種動物姿態的同時，緊密而巧妙地與攻防方法相結合，並能在練拳時起到健身作用。如少林五種象形拳：龍拳練神，虎拳練骨，豹拳練力，蛇拳練氣，鶴拳練精，精通五拳，則身堅氣壯，足穩眼銳。此外，少林猴拳注重形象、意真、法密、靈活；鷹爪拳注重拳密爪快；鴨形拳講究虛實結合，等等。



金豹出山

Golden leopord coming out from the mountain



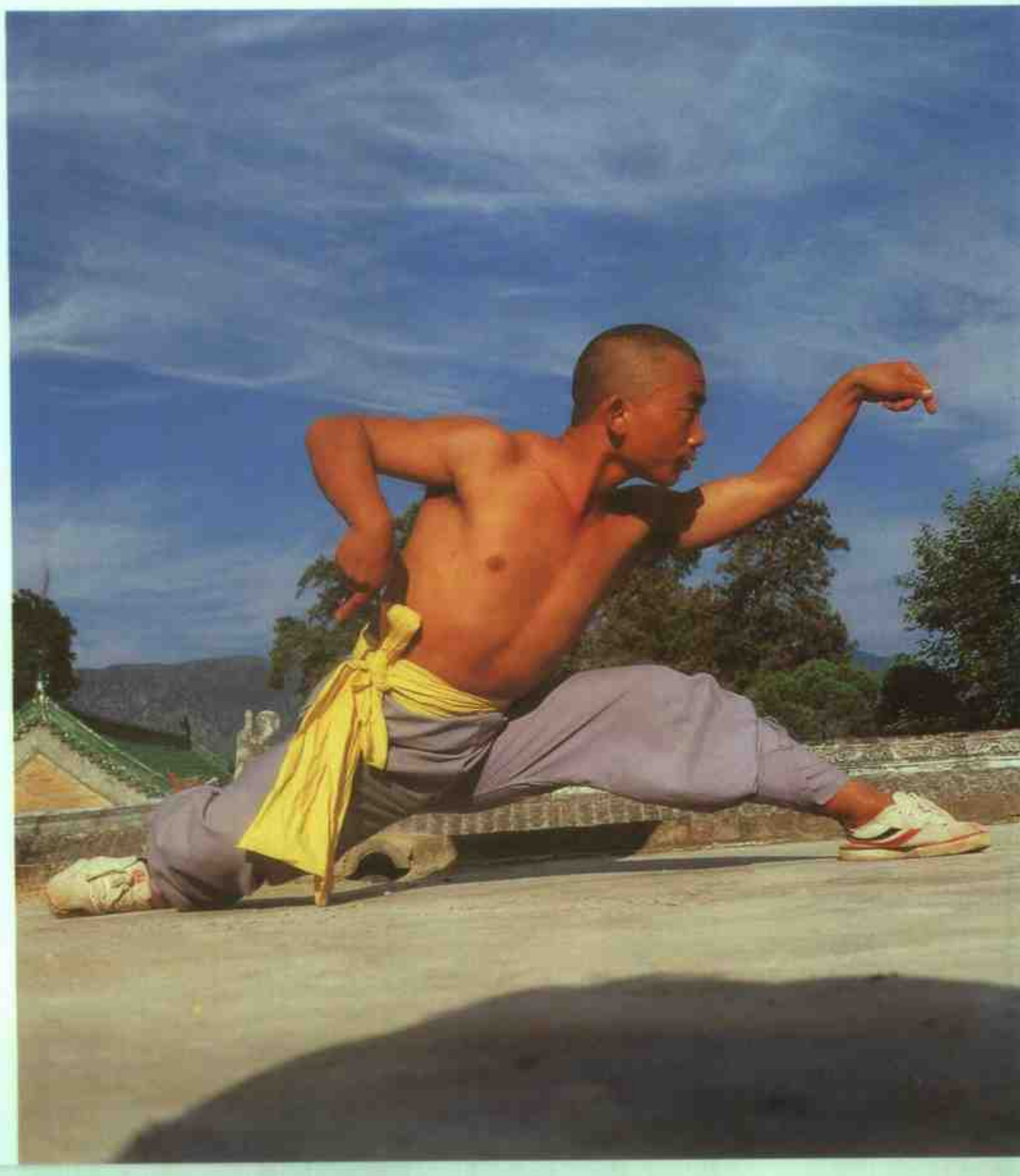
惡虎亮爪　Fierce tiger exposing its claw

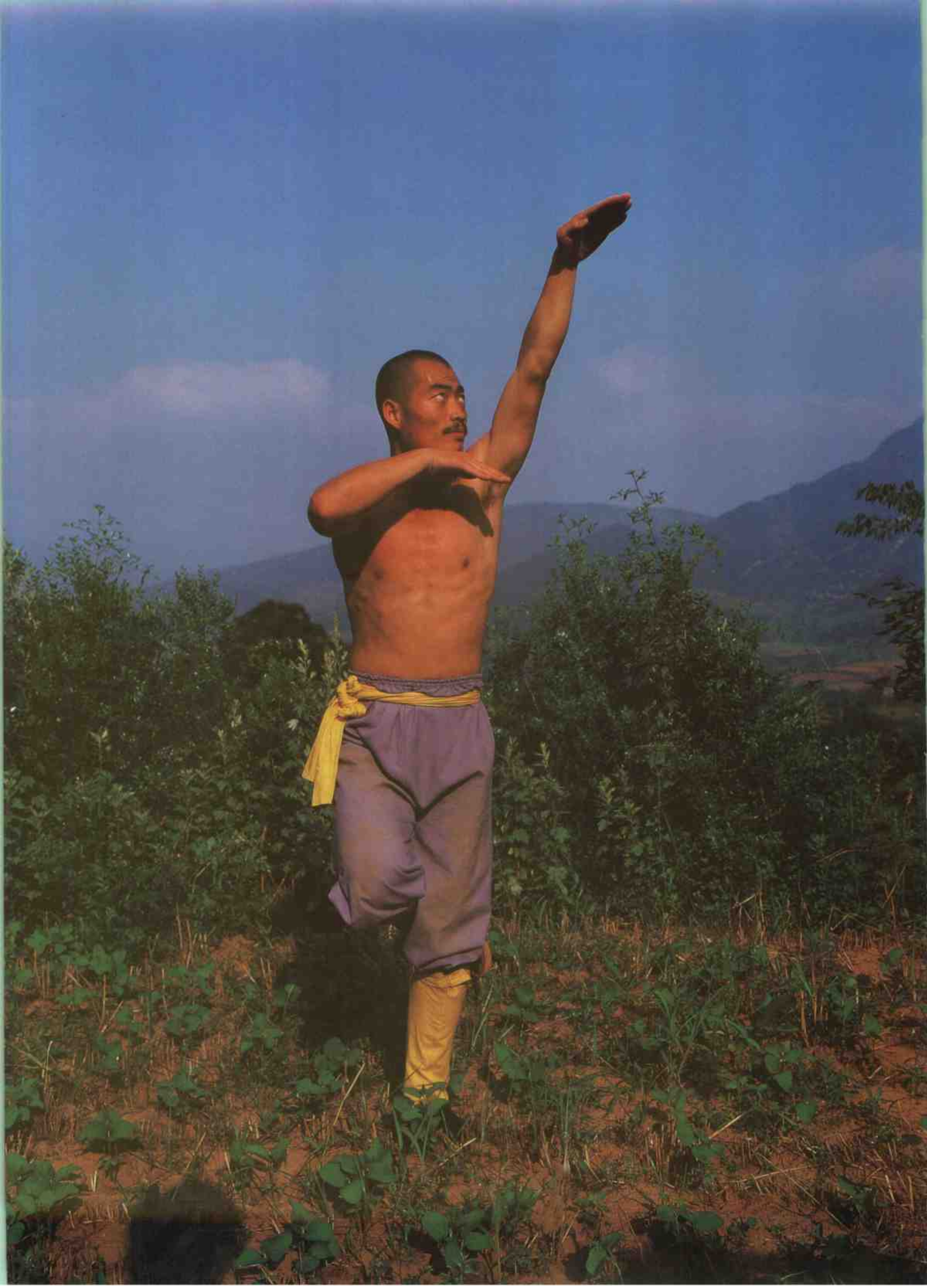
狗撒尿　Dog making water

神龍傲空

Dragon roaming

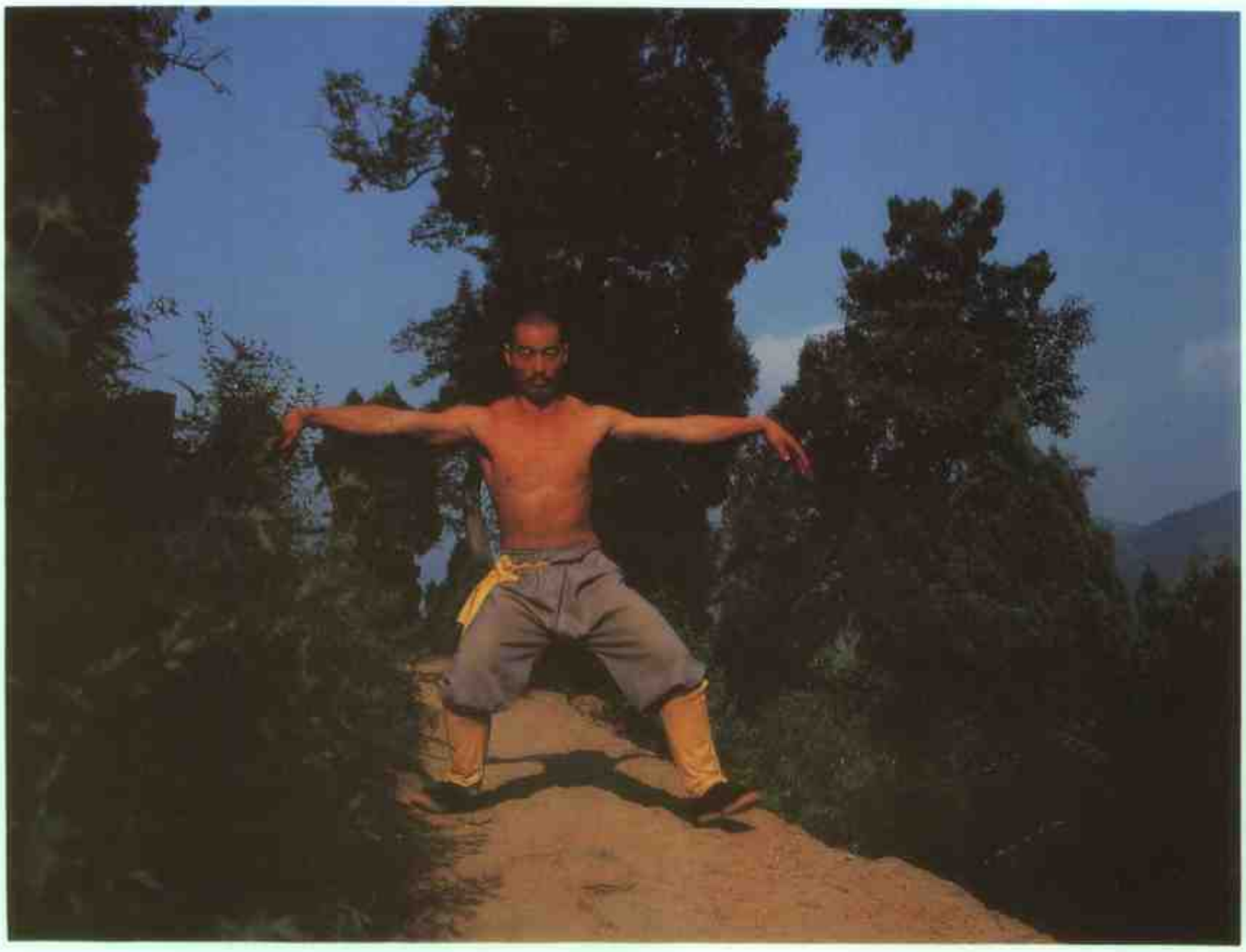
in the heaven





毒蛇出洞

Poisonous snake coming out from the cave



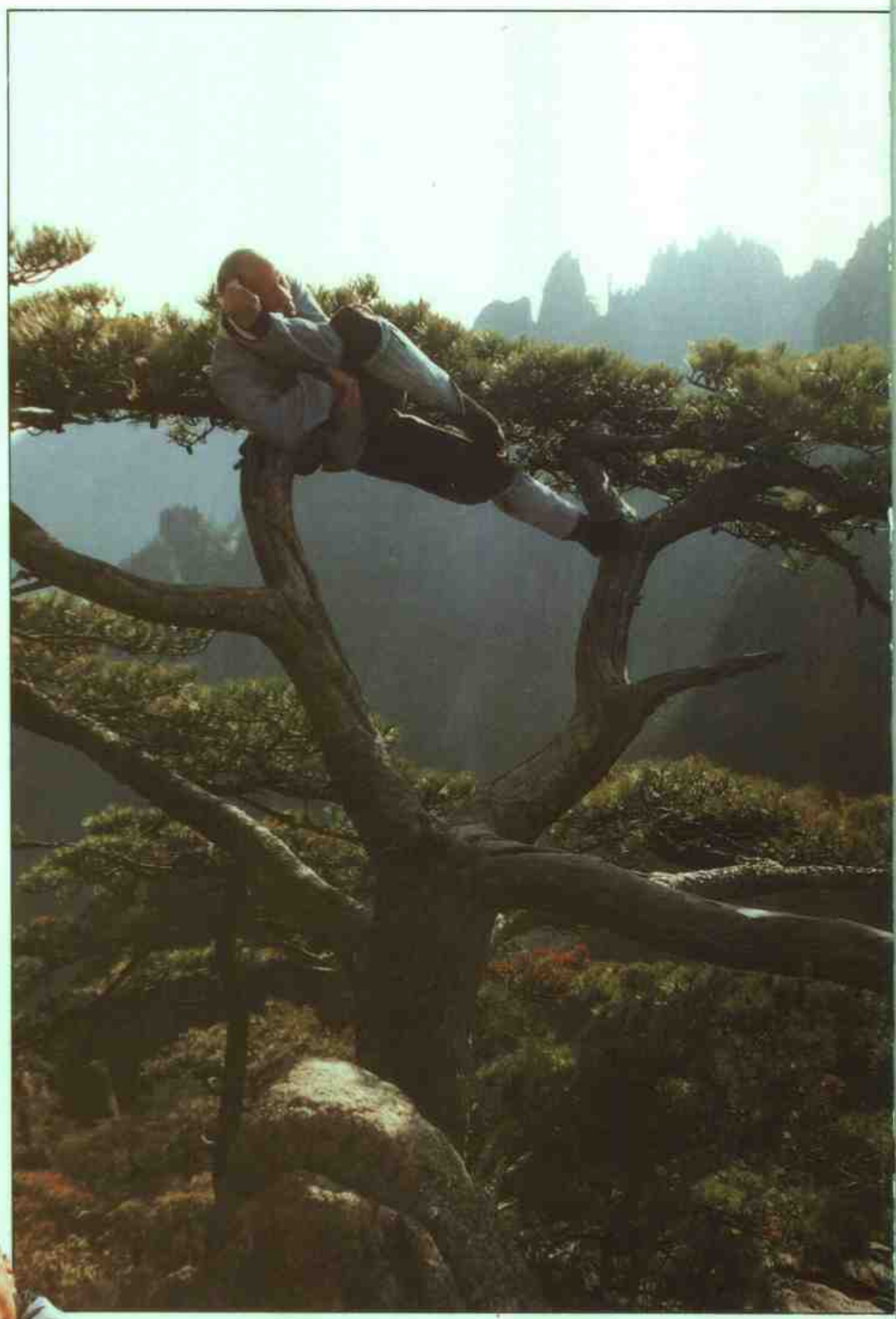
鸭拳　Duck boxing

青蛇吐芯　Black snake vomiting its tongue

跳山猴

Monkey jumping

up to the mountain



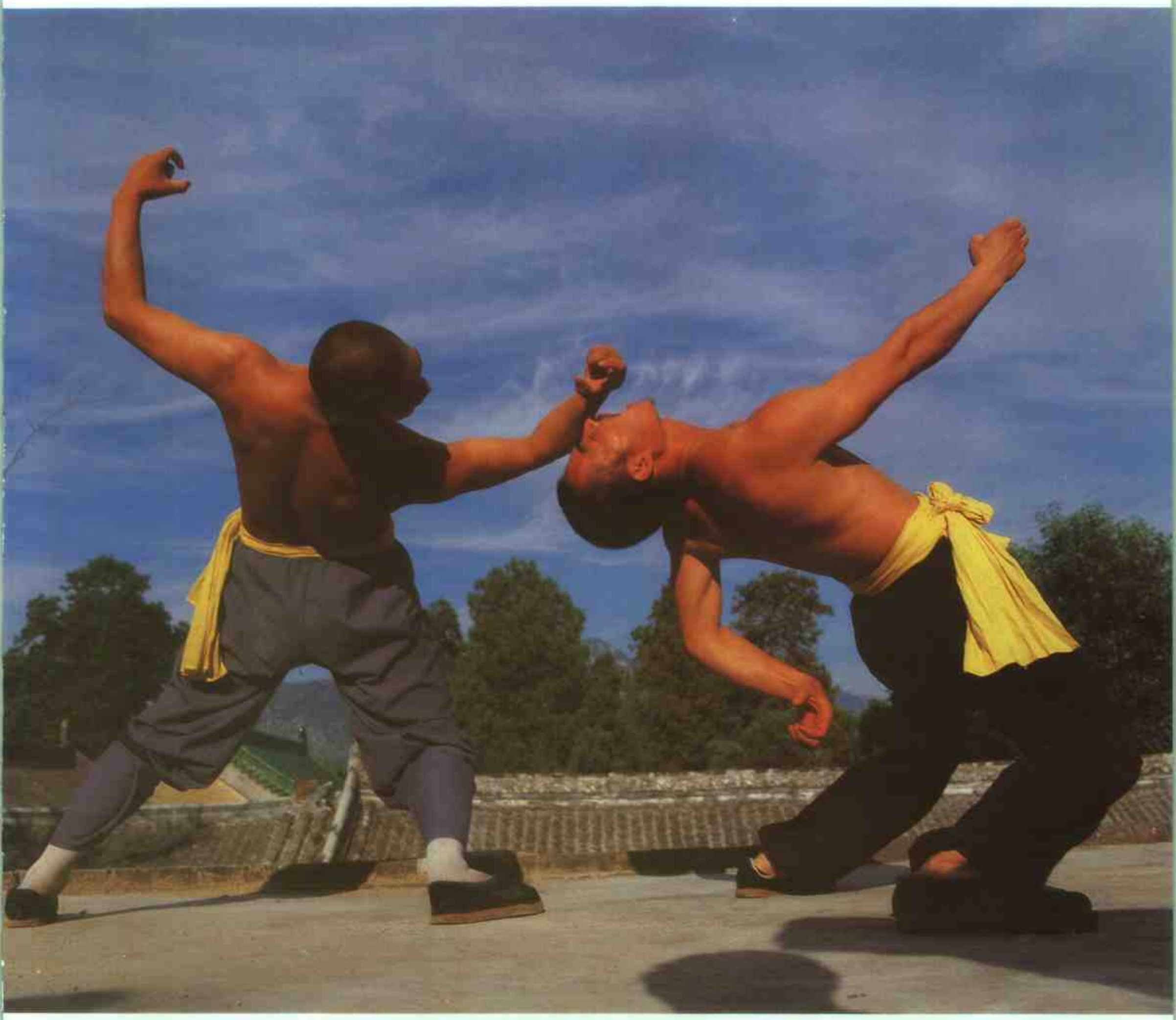
猴子望月

Monkey thrusting

back to see the moo

看家猴

Monkey looking after the hous

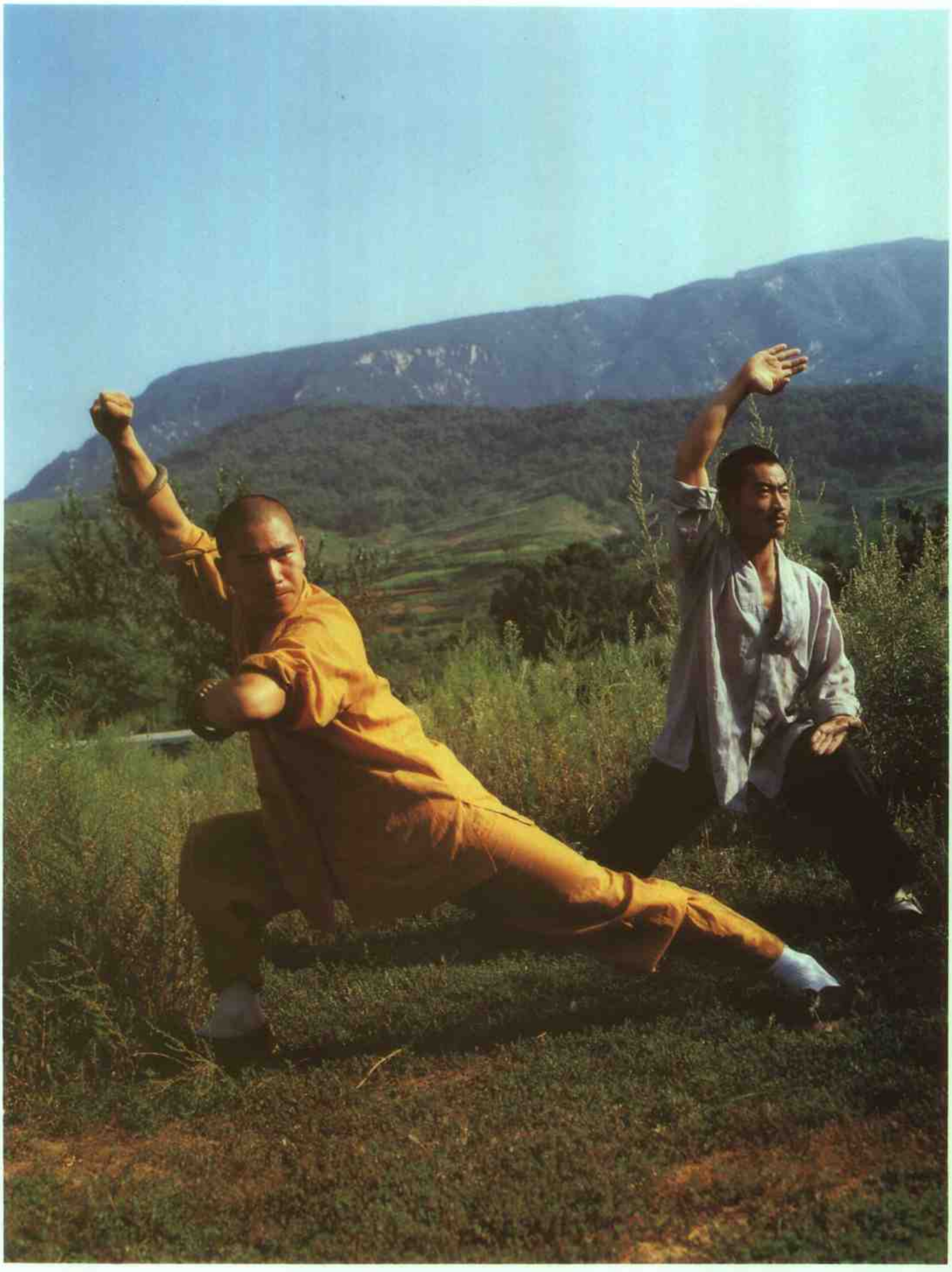


醉對醉　Drunkard's boxing

Dahong Boxing
大洪拳

Dahong Boxing is also one of the elementary boxing skills and the source of Shaolin wushu. Though Dahong Boxing combines the strength with the grace, the strength is more important than the grace.

亦屬少林拳法入門拳之一，有少林拳之始的說法。大洪拳雖剛柔相濟，卻剛重於柔。



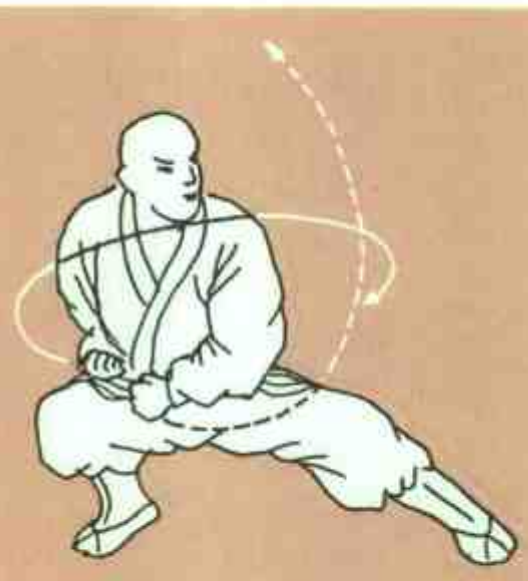
大洪拳　Dahong boxing

少林
大洪拳圖譜

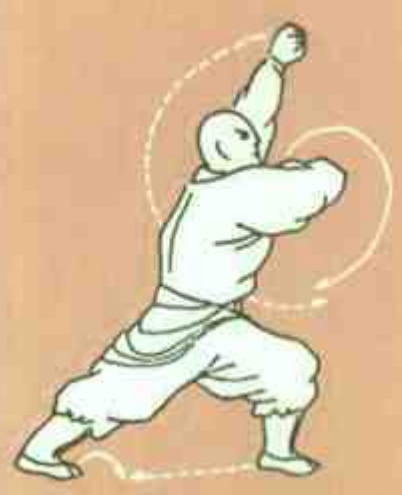
Shaolin Dahong Boxing

1. 預備勢
Preparation

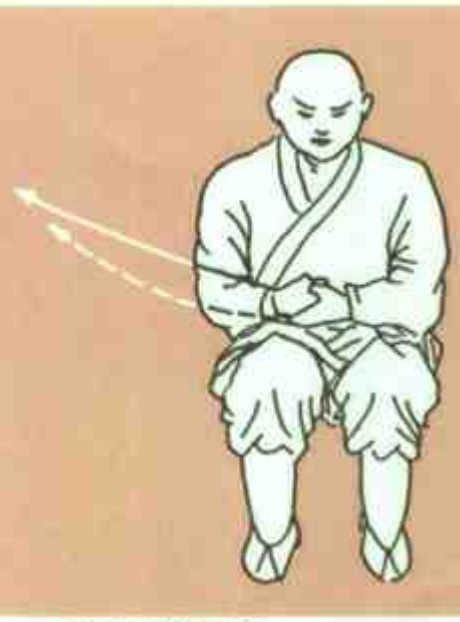
2. 白雲蓋頂
White clouds covering head



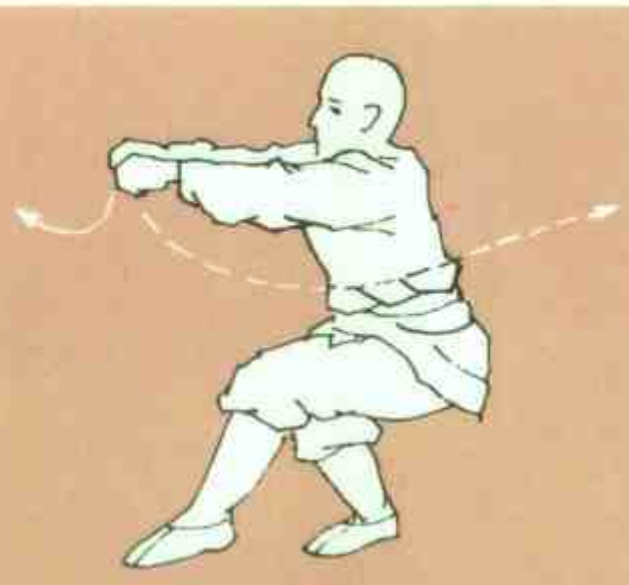
3. 箭步單叉
Making a sudden big stride forward with one stretched leg



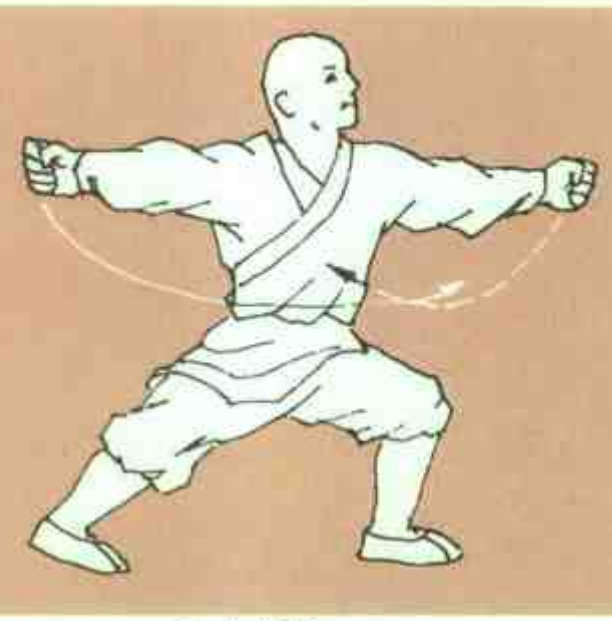
4. 盤肘
Coiling elbow



5. 雙恨脚雙雲頂
Two palms intercrossing while squatting



6. 大七星
Seven stars



7. 大單鞭
Great single whip

8. 懷中抱月
Holding moon in arms

9. 三衝炮 (一)
Stretching fists for three times (I)

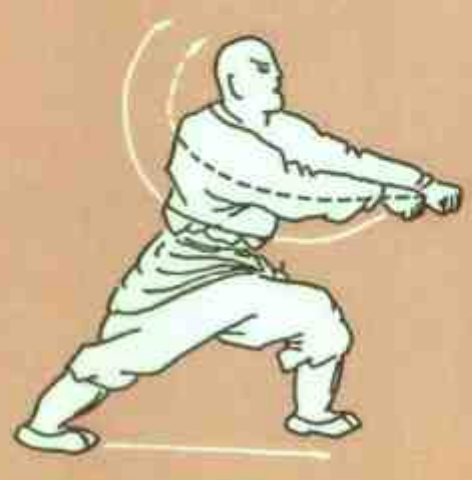
10. 三衝炮 (二)
Stretching fists for three times (II)

11. 三衝炮 (三)
Stretching fists for three times (III)

12. 大束身
Shrinking greatly

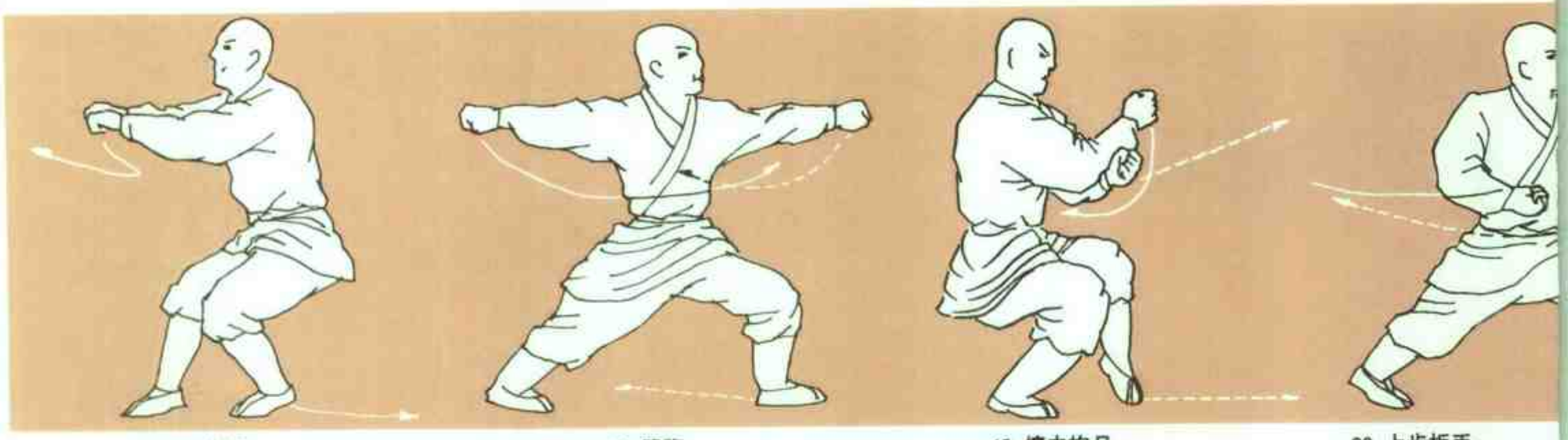
13. 雙碰捶 (一)
Hands hammering (I)

14. 雙碰捶 (二)
Hands hammering (II)



15. 炮手
Making a forward lunge and hands hammering

16. 雙雲頂
Pushing up sky

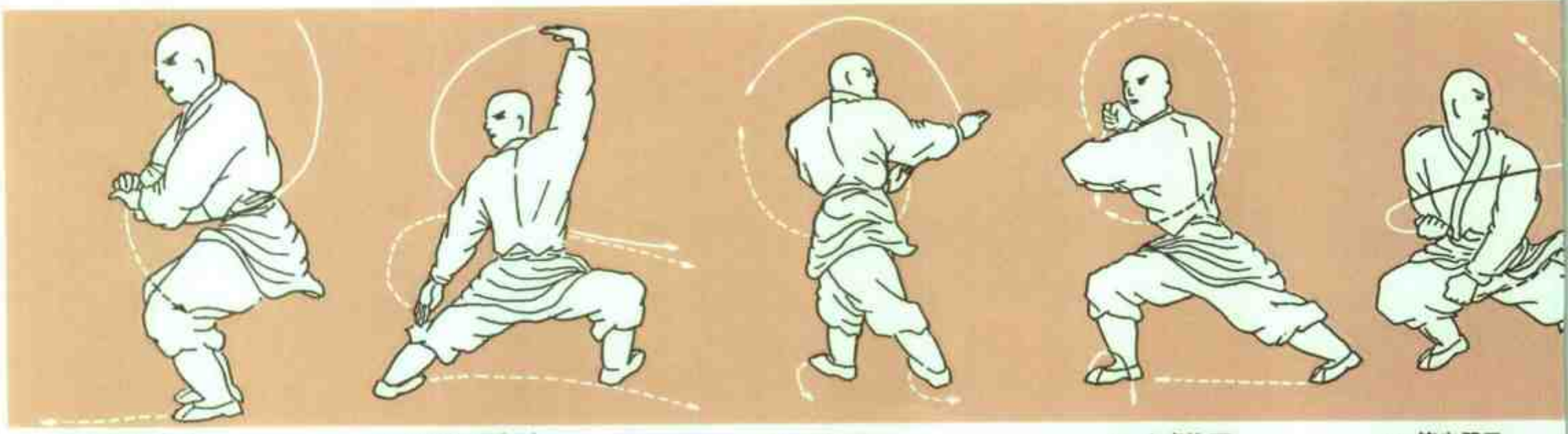


17. 七星
Seven stars

18. 單鞭
Single whip

19. 懷中抱月
Holding moon in arms

20. 上步扳手
Stepping forward and wr



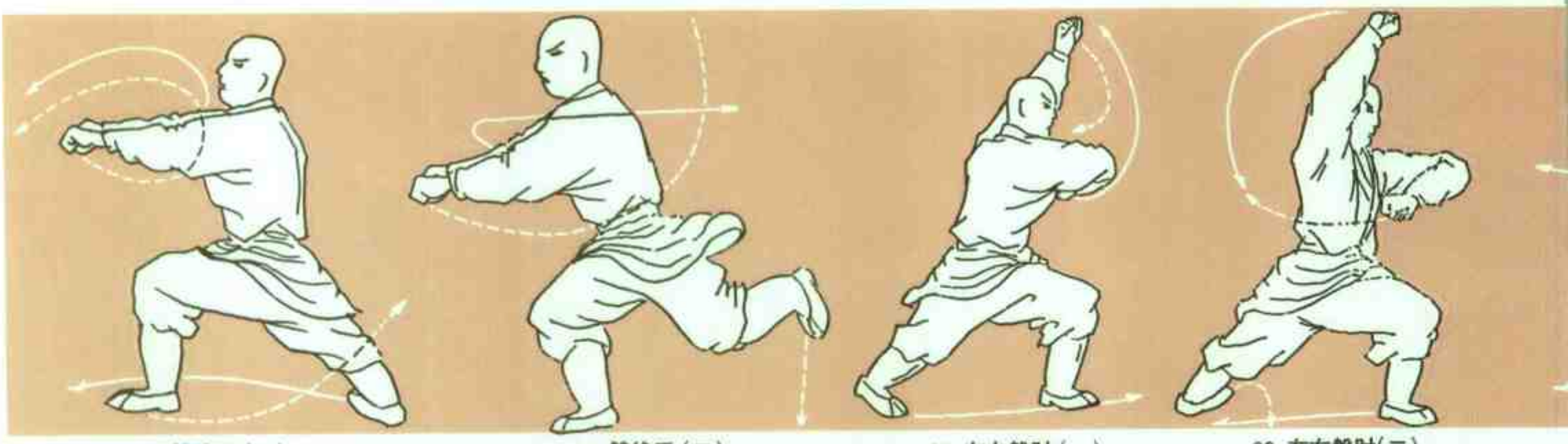
24. 回頭望月 (一)
Turning round and watching moon (I)

25. 回頭望月(二)
Turning round and watching moon (II)

26. 三扒手
Rooling hands for three times

27. 小虎抱頭
Little tiger holding head

28. 箭步單叉
Two palms intercross
while squatting

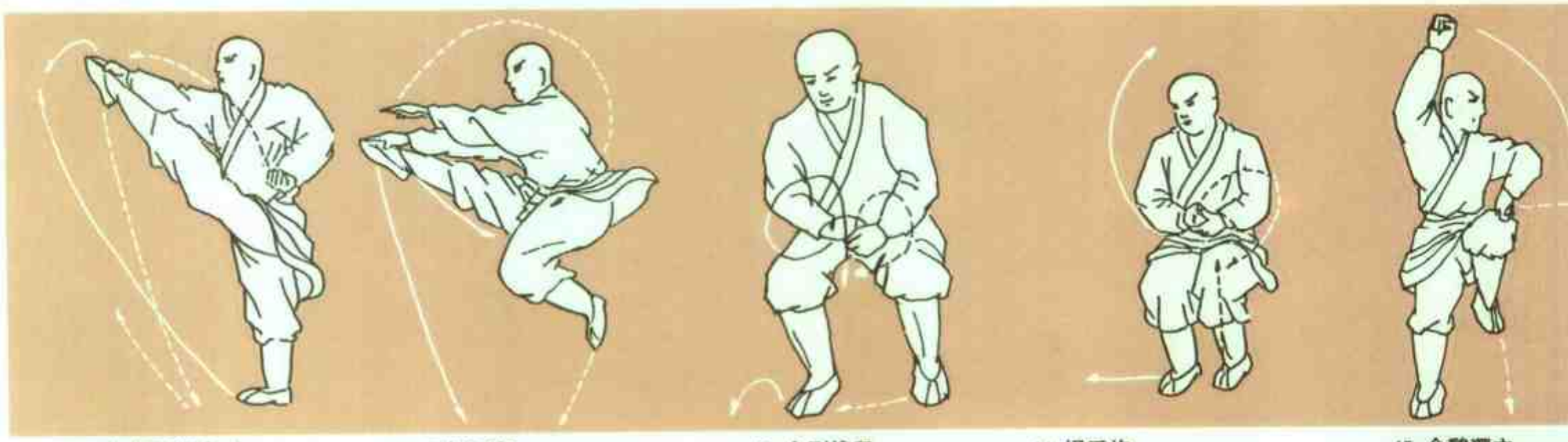


33. 雙絶手 (一)
Unique hands (I)

34. 雙絶手 (二)
Unique hands (II)

35. 左右盤肘 (一)
Coiling elbow (I)

36. 左右盤肘(二)
Coiling elbow (II)



41. 十字踩脚 (二)
Toe – touching on right leg (II)

42. 二起踩脚
Touching toe twice while jumping

43. 金剛搗臼
JINGANG pounding motar

44. 提手炮
Crossing Two palms while squatting

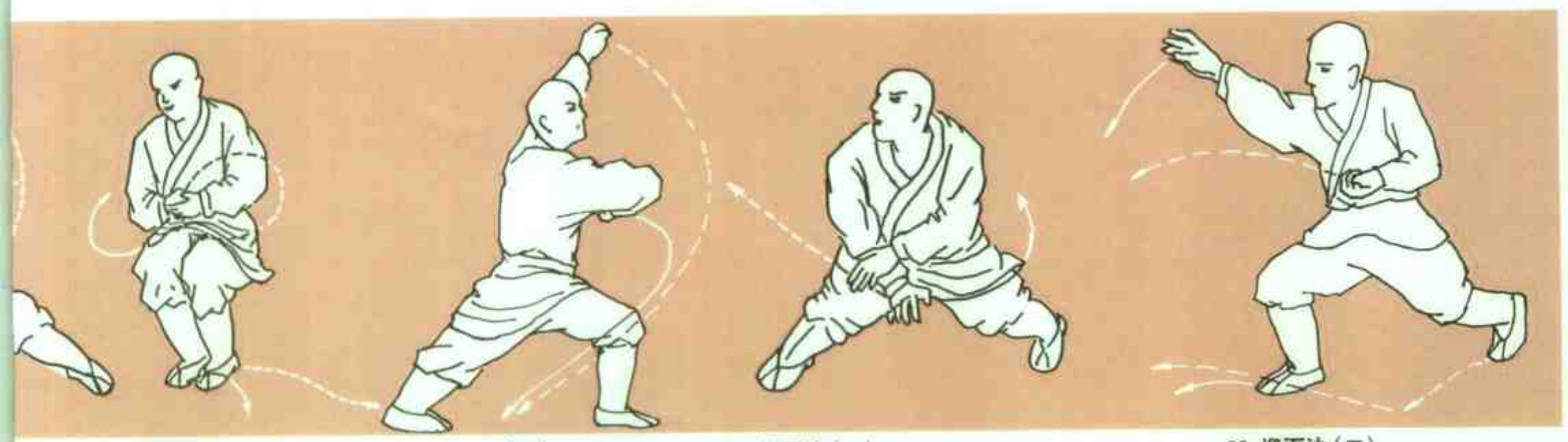
45. 金鷄獨立
Standing on one leg

ching hands

21. 三搶手 (一)
Shooting palms (I)

22. 三搶手 (二)
Shooting palms (II)

23. 三搶手 (三)
Shooting palms (III)

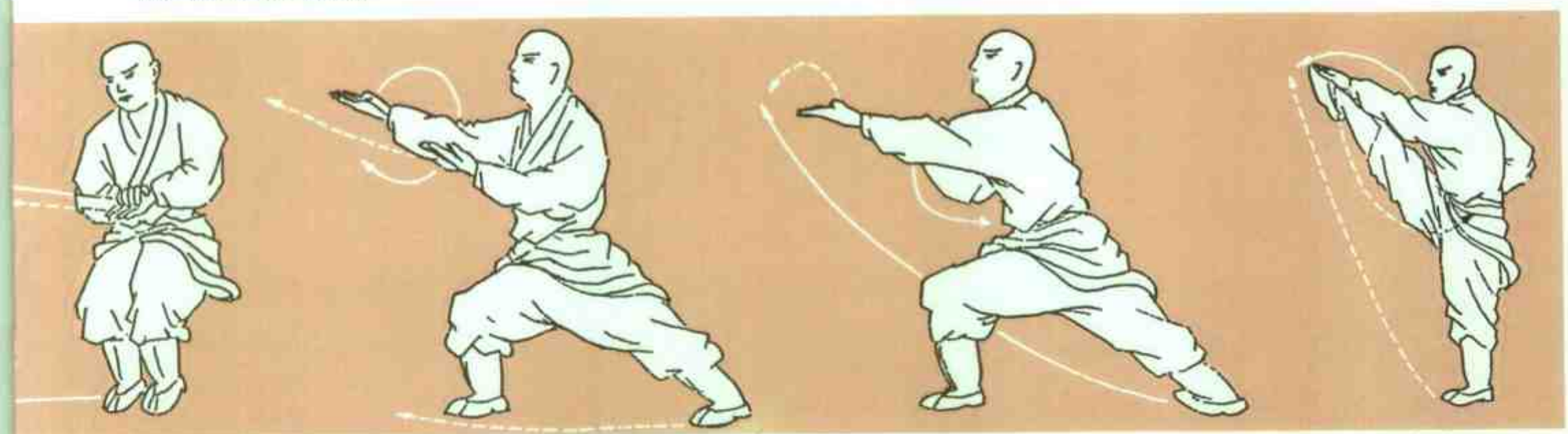


29. 提手炮
Making a sudden big stride forward with one stretched leg

30. 盤肘
Coiling elbow

31. 迎面沙 (一)
Two arms intercrossing while looking ahead

32. 迎面沙 (二)
Marching forward

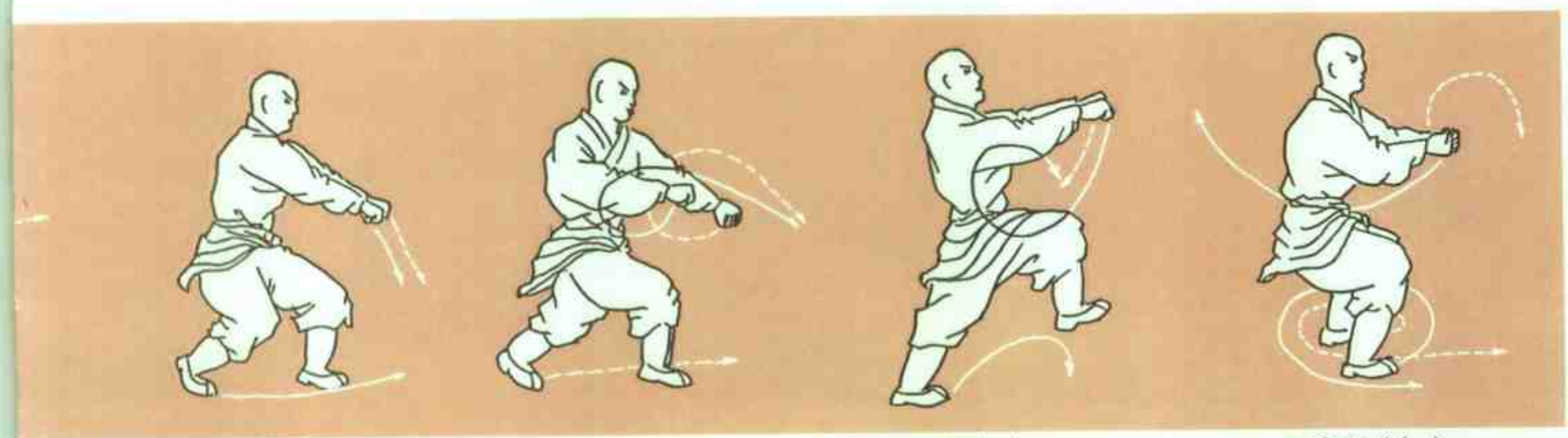


37. 提手炮
Palms intercrossing

38. 兩搶手 (一)
Shooting hands (I)

39. 兩搶手 (二)
Shooting hands (II)

40. 十字踩脚 (一)
Toe－toaching on left leg (I)

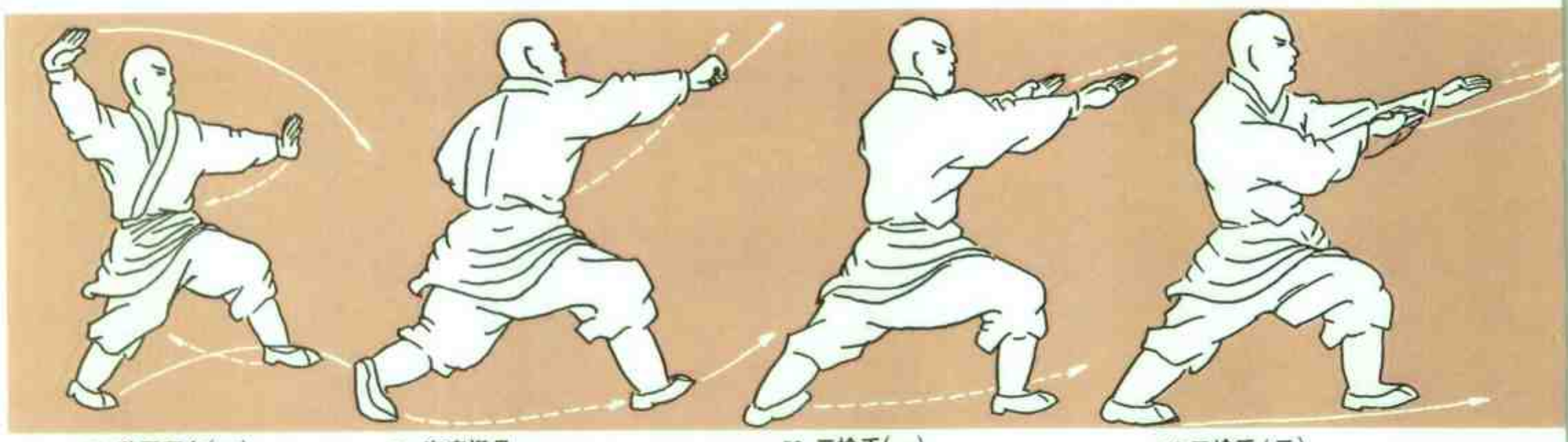


46. 三摇手 (一)
Shaking hads three times (I)

47. 三摇手(二)
Shanking hands three times (II)

48. 三摇手(三)
Shaking hands three times (III)

49. 鴿子翻身(一)
Pigion turning over (I)

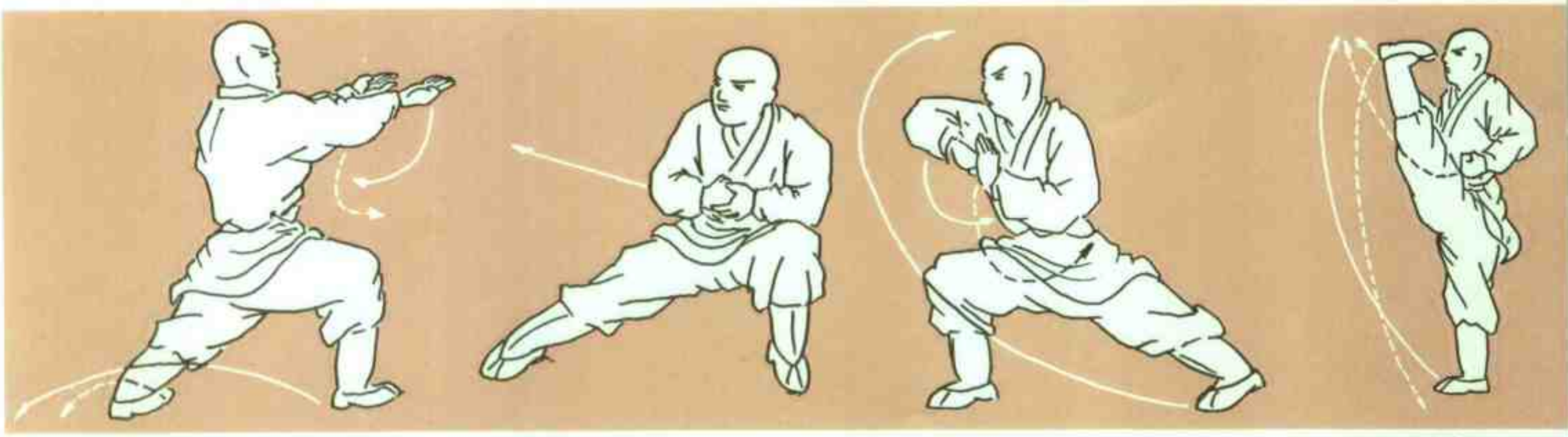


50. 鵪子翻身(二)
Pigion turning over (II)

51. 海底撈月
Fishing out moon from bottom of sea

52. 三搶手(一)
Shooting hands three times (I)

53. 三搶手 (二)
Shooting hands three times (II)

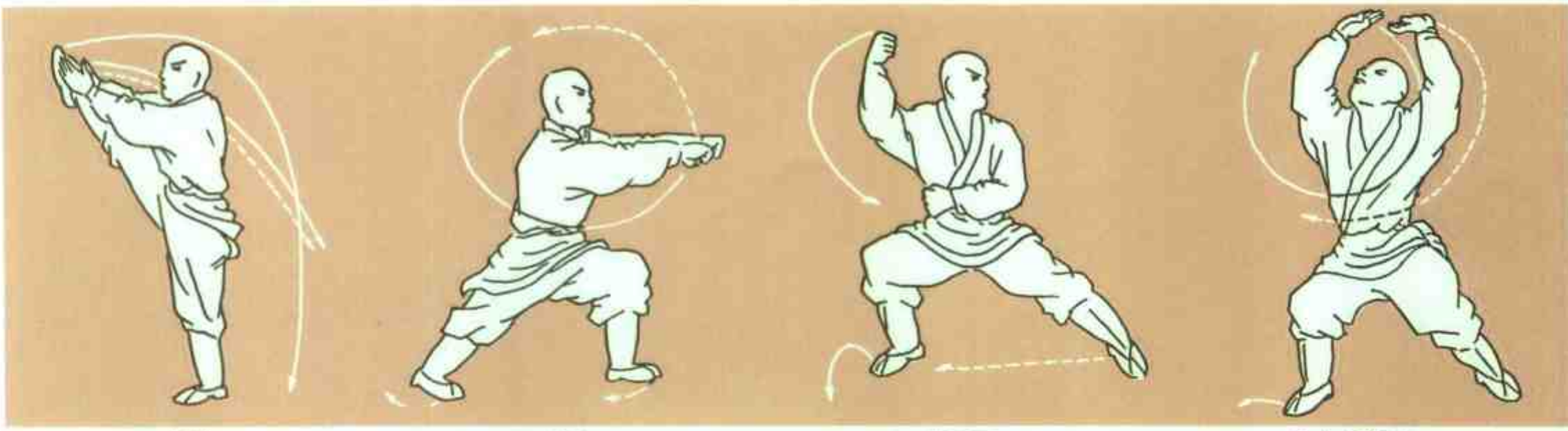


54. 三搶手(三)
Shooting hands three times (III)

55. 單叉
Squating with one stretched leg

56. 鵪子鑽林
Pigion going into forest

57. 踢脚
Kicking foot

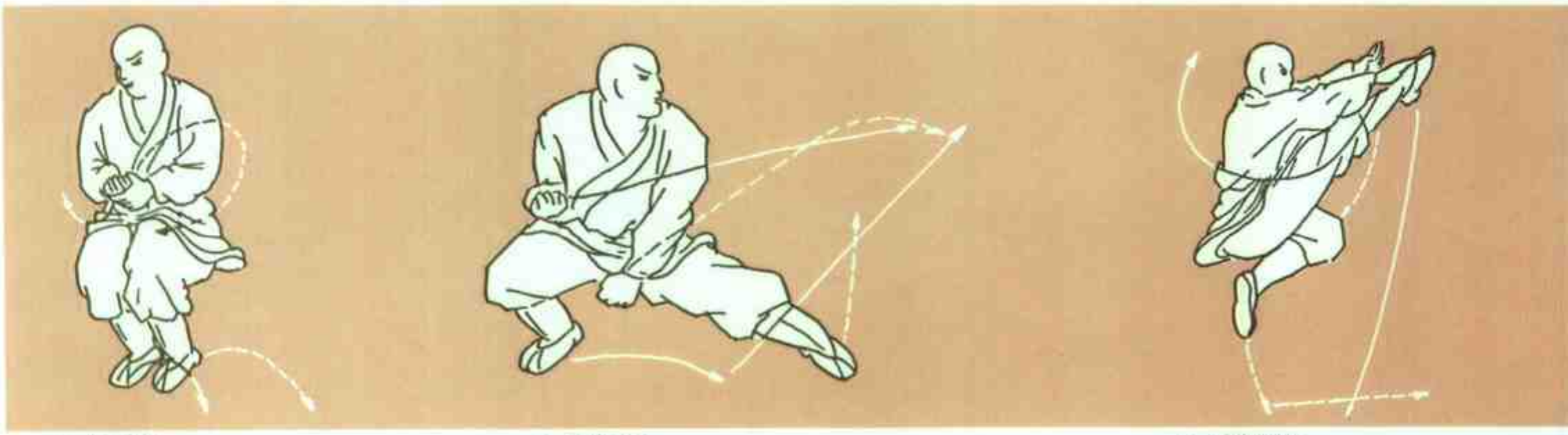


58. 擺脚
Swaying foot

59. 絶手
Unique hands

60. 雙雲頂
Clouds covering head

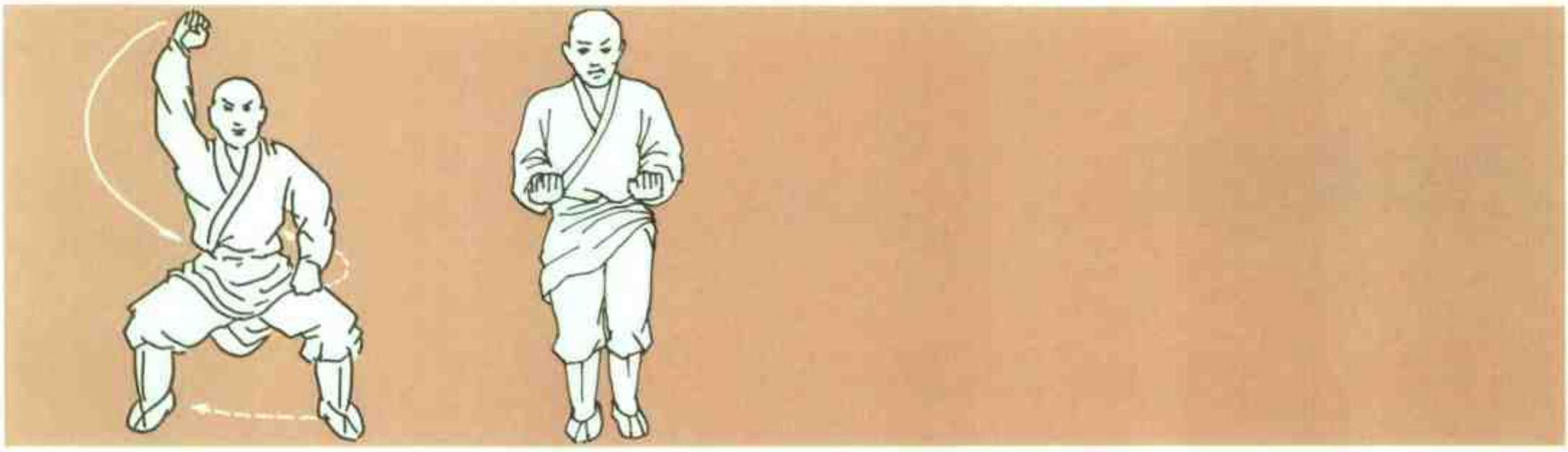
61. 大虎抱頭
Big tiger holding head in arms



62. 提手炮
Two hands intercrossing while squatting

63. 箭步單叉
Making a forward lunge
with one stretched leg

64. 二起踩脚
Patting one instep while jumping



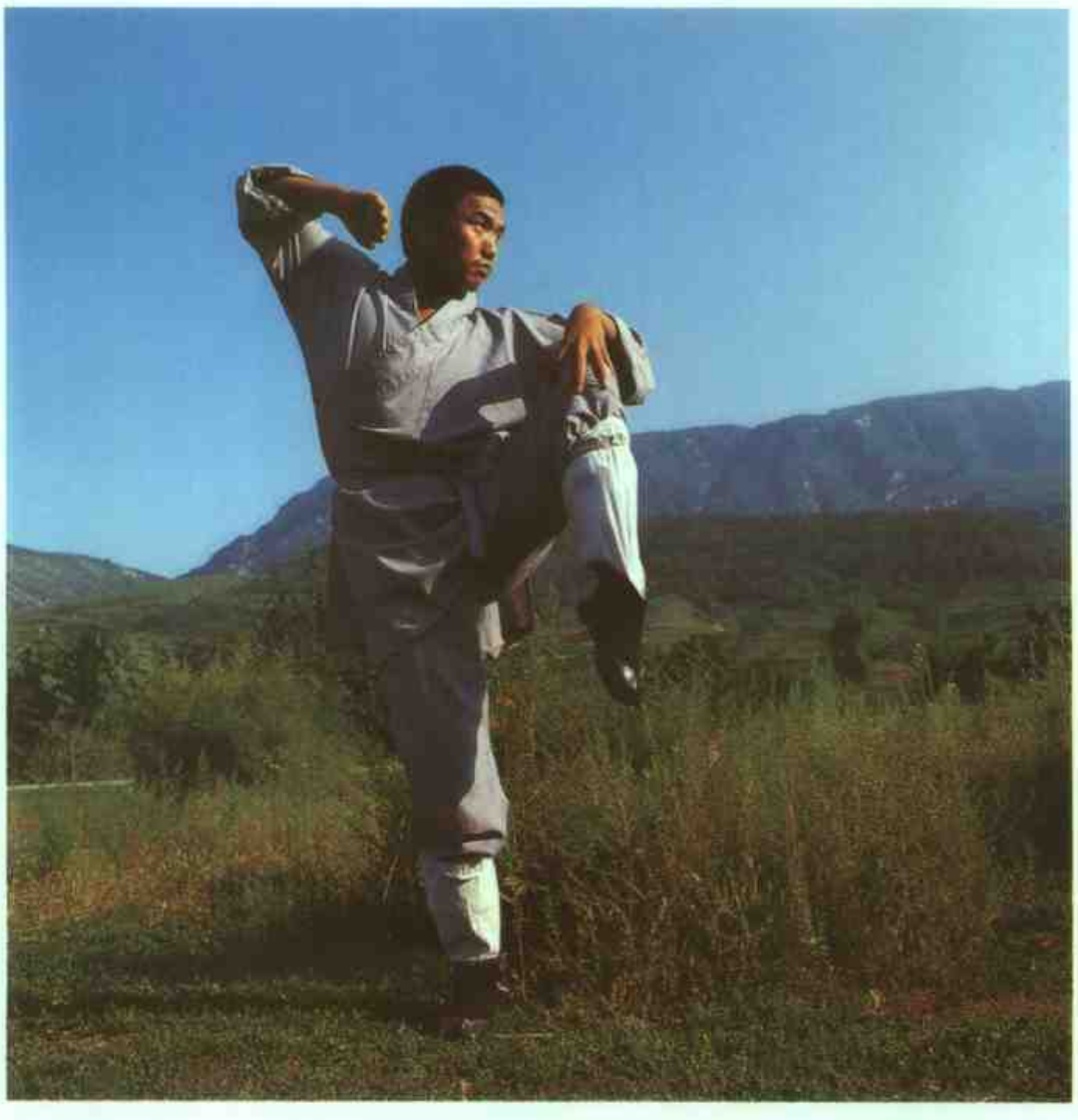
65. 坐山
Sitting on mountain

66. 收勢
Restoring to the preparation posture

Xiaohong Boxing
小洪拳

是少林拳法的入門拳，有“十八拳之母”之説。所以自古至今，凡到少林寺求藝者，僧師都是先教弟子此拳，次教別樣。

Xiaohong Boxing is one of the elementary boxing skills, and the mother of the other 18 boxings in Shaolin Monastery. Therefore, from ancient times to the present all the Shaolin boxing learners must learn this skill from the monk masters at first, then learn other boxings.



小洪拳

Xiaohong boxing

少林
小洪拳圖譜

Shaolin Xiaohong Boxing

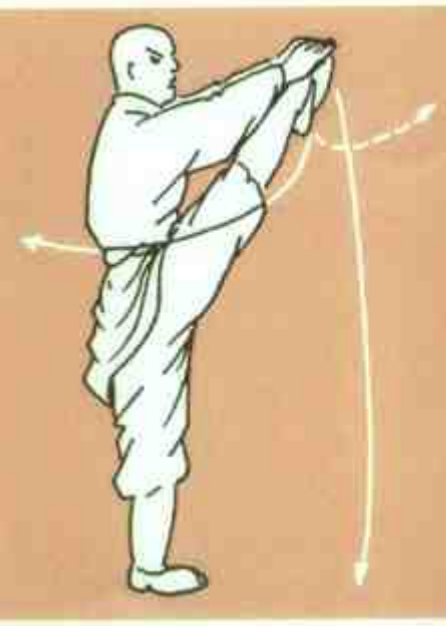
1. 預備式
Preparation

2. 懷中抱月
Holding moon in arms

3. 白雲蓋頂
White clouds covering head

8. 上步推掌
Stepping forward and pushing palm

9. 轉臉繃腿
Turning back and stretching leg



10. 上步擺脚
Stepping forward and swaying foot

11. 右斜行
Moving right obliquely

16. 獅子大張咀
Lion opening big mouth

17. 左右雲頂
Clouds covering head

18. 七星
Seven stars

23. 恨脚衝天炮
Shrinking, bending elbow and keeping one fist upward

24. 蠍子擺尾
Scorpion waving tail

25. 獅子大張咀
Lion opening big mouth

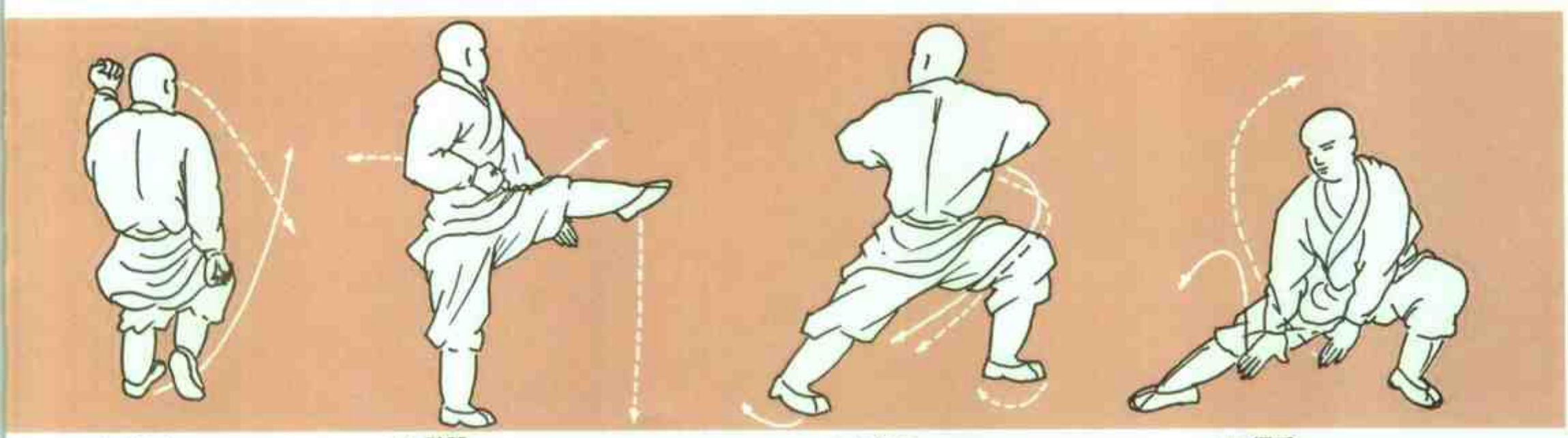
26. 上步推掌
Stepping forward and pushing palm

4. 上步推掌
Stepping forward and pushing palm

5. 抱肘束身
Shrinking and bending elbow

6. 上步推掌
Stepping forward and pushing palm

7. 轉臉板手
Turning back and wrenching hands

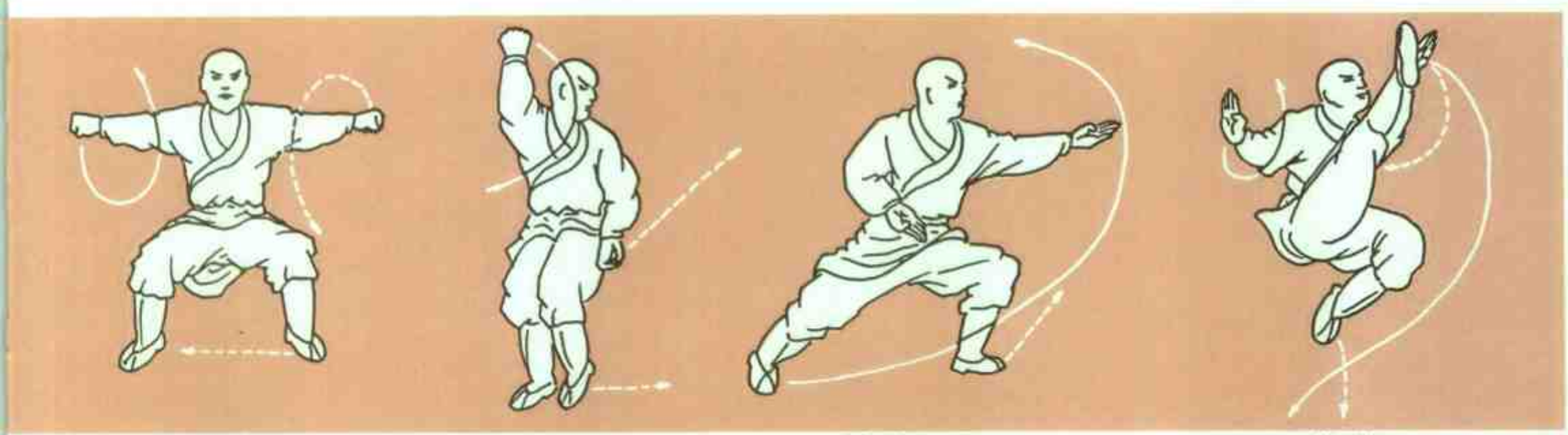


12. 抱肘束身
Shrinking and bending elbow

13. 劈腿
Roising legs quickly

14. 左斜行
Moving left obliquely

15. 擺手
Putting down hands

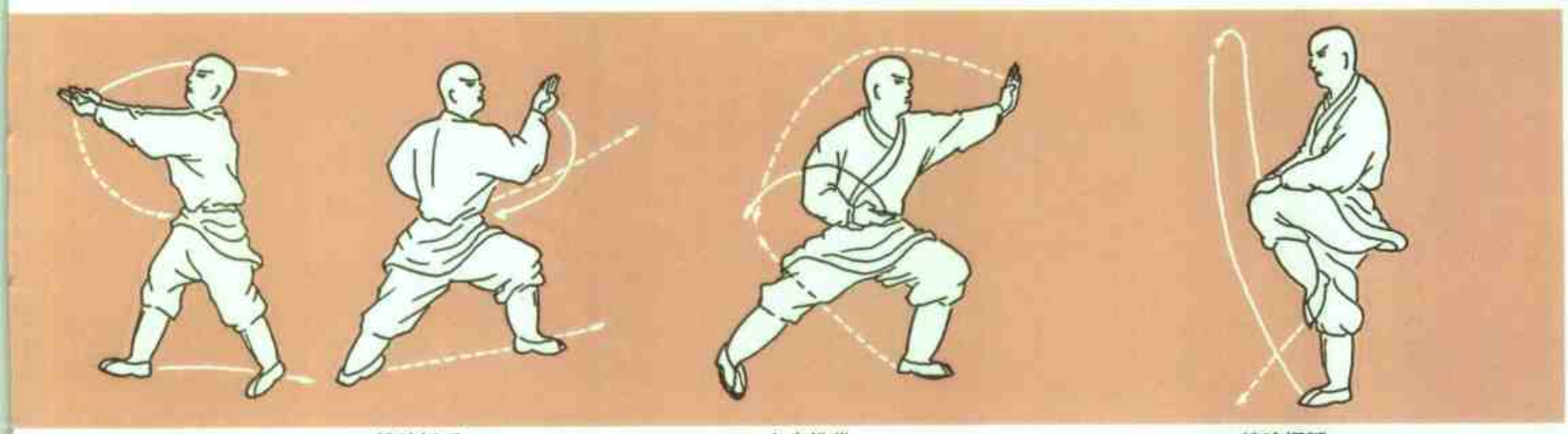


19. 單鞭
Single whip

20. 抱肘束身
Shrinking and bending elbow

21. 上步搶手
Stepping forward and shooting hands

22. 旋風脚
Whirlwind feet

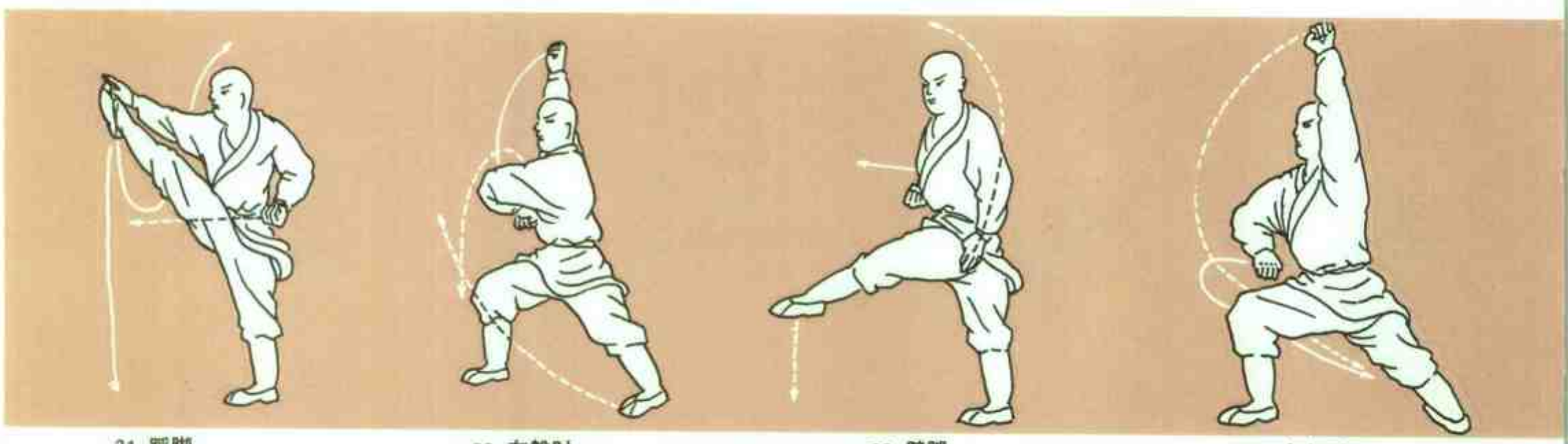


27. 端掌退兩步
Leveling two palms while stepping back

28. 轉臉扳手
Turning back and wrenching hands

29. 上步推掌
Stepping forward and pushing palm

30. 轉臉繃腿
Turning back and stretching leg

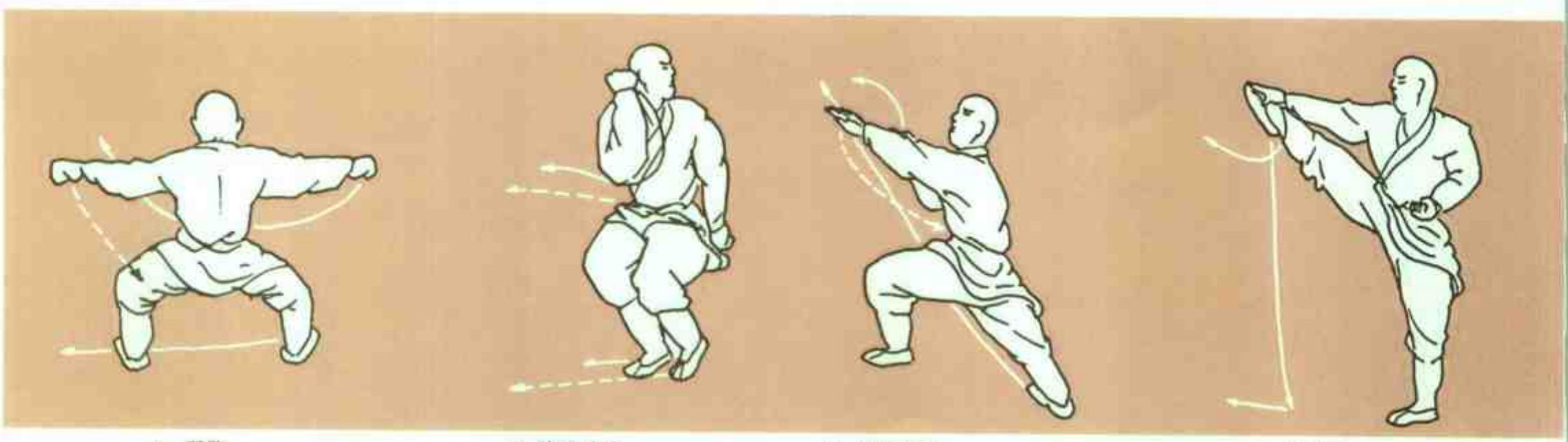


31. 踩脚
Patting instep while standing on one leg

32. 左盤肘
Bending left elbow

33. 劈腿
Splitting leg

34. 右盤肘
Bending right elbow

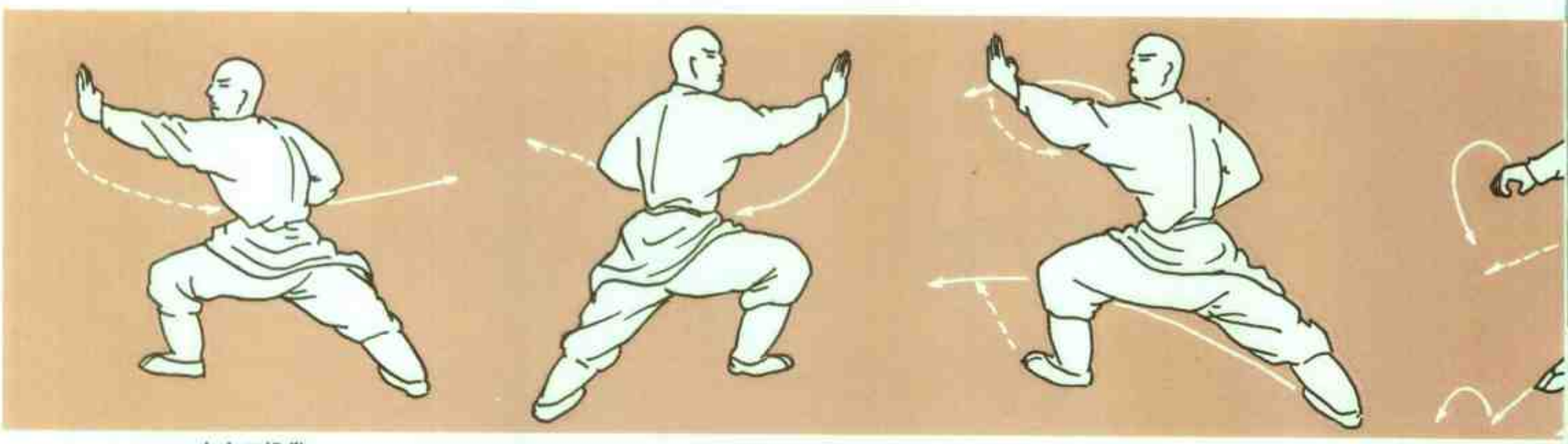


39. 單鞭
Single whip

40. 抱拳束身
Shrinking and bending elbow

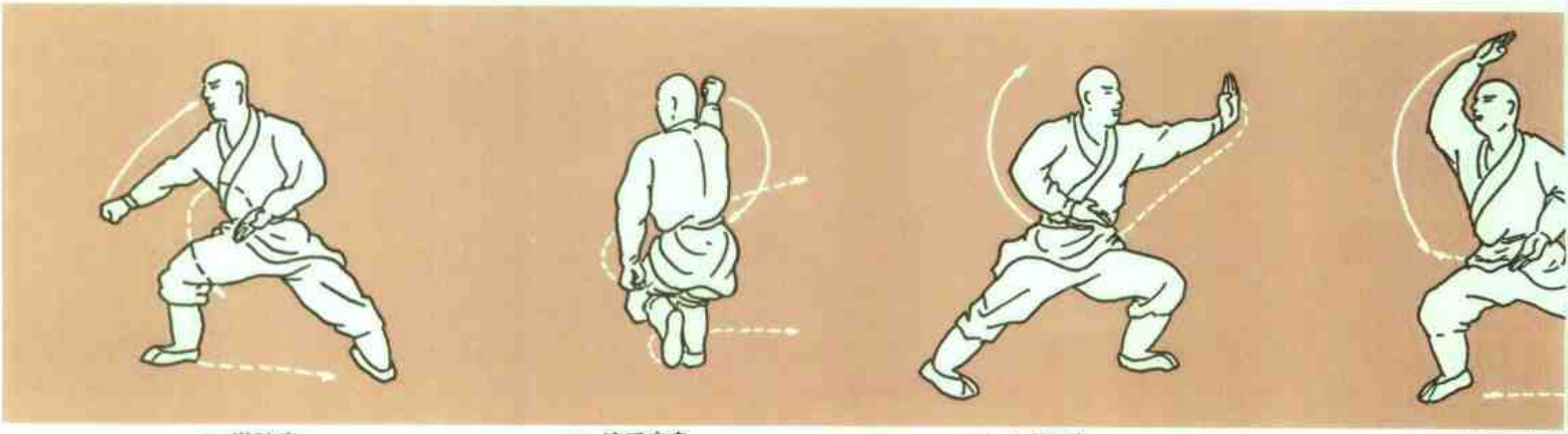
41. 上步搶手
Stepping forward and shooting hands

42. 左踩脚
Patting right instep on left leg



45. 左右三推掌
Thrusting palm three times

46.

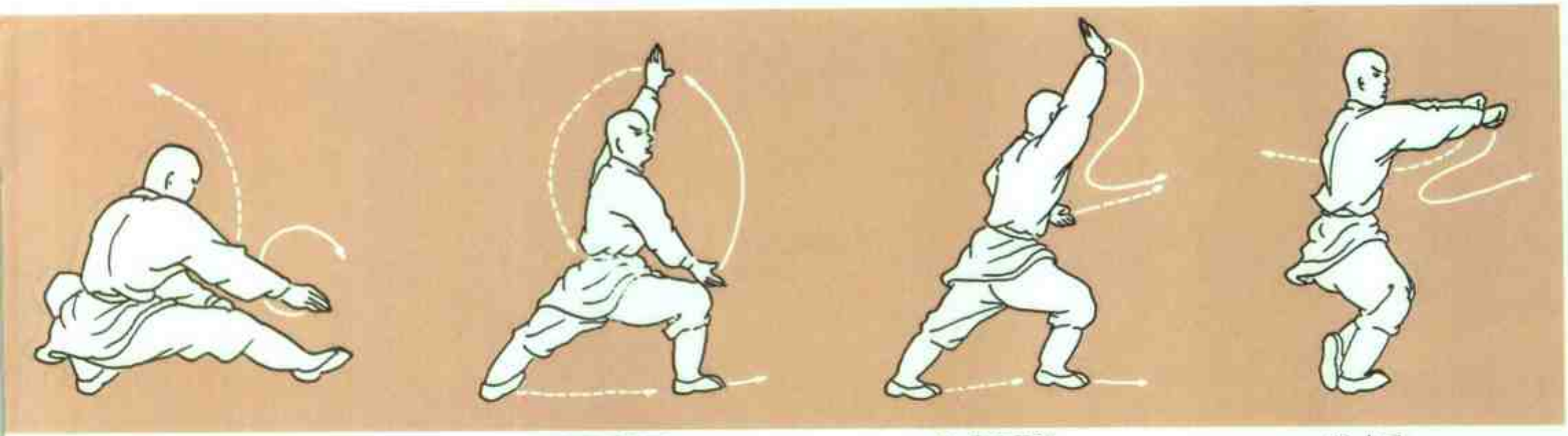


50. 滿肚痛
Pounding fist

51. 滾手束身
Rolling hands while shrinking

52. 上步推掌
Stepping forward and thrusting palm

53. 半個雲頂斗
Clouds coverin

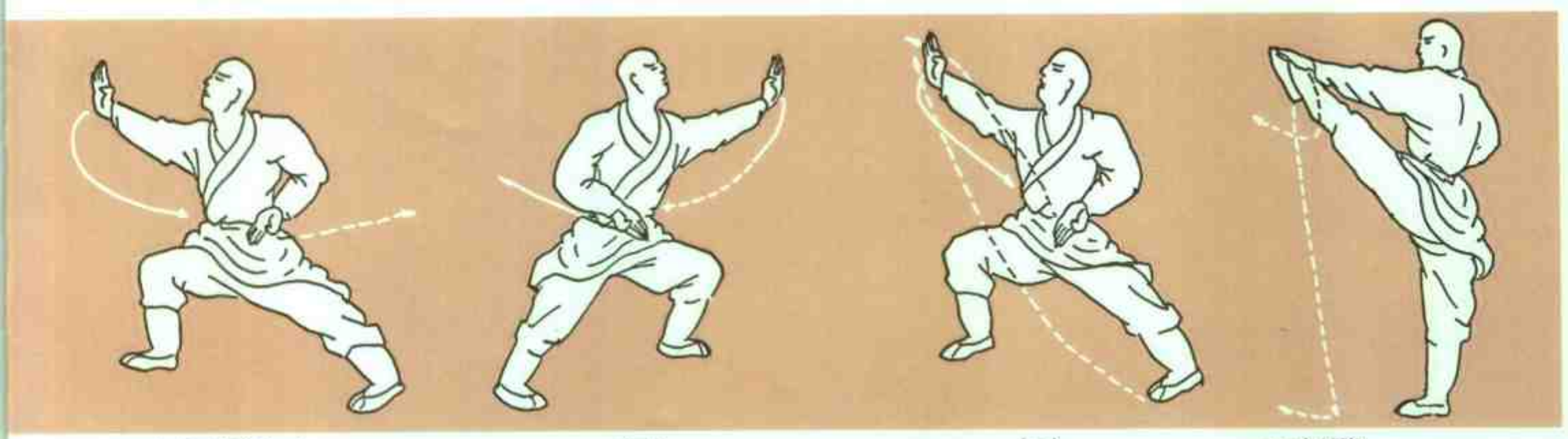


35. 撩手
Putting down hands

36. 獅子大張咀
Lion opening big mouth

37. 左右雲頂
Clouds covering head

38. 七星
Seven stars

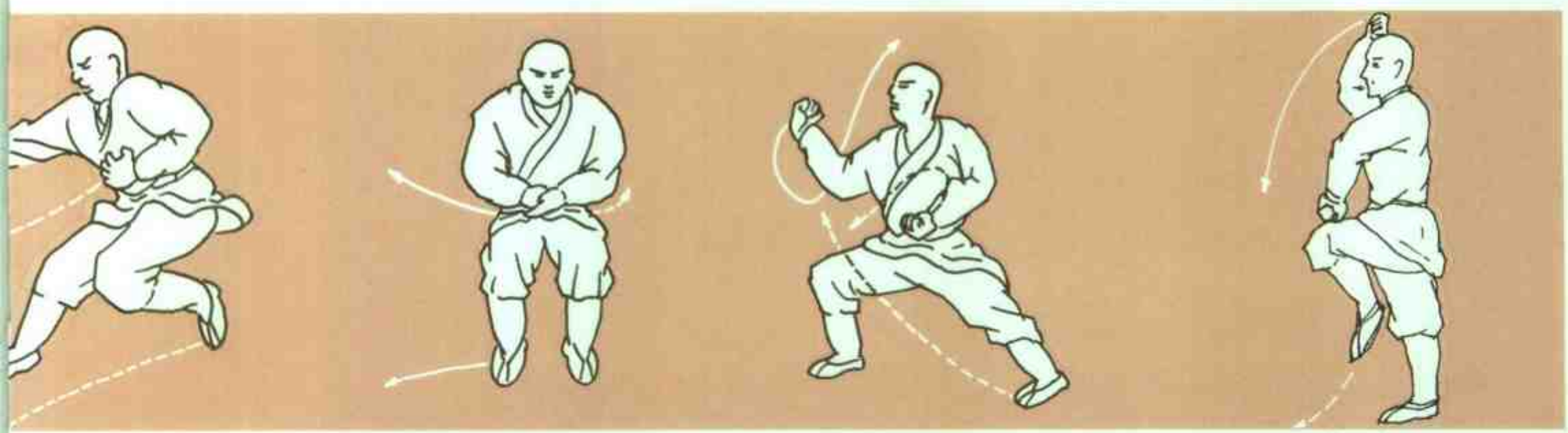


43. 右左三推掌 (一)
Thrusting palm three times (I)

(二)
(II)

(三)
(III)

44. 左踩脚
Patting left instep on right leg



餓虎撲食
Hungery tiger seizing food

47. 恨脚海底炮
Palms intercrossing while squatting

48. 上步陽拳
Stepping foward and baring fists

49. 側耳炮
Sidestepping

穿心炮 (一)
Piercing heart (I)

(二)
(II)

54. 座山
Sitting on mountain

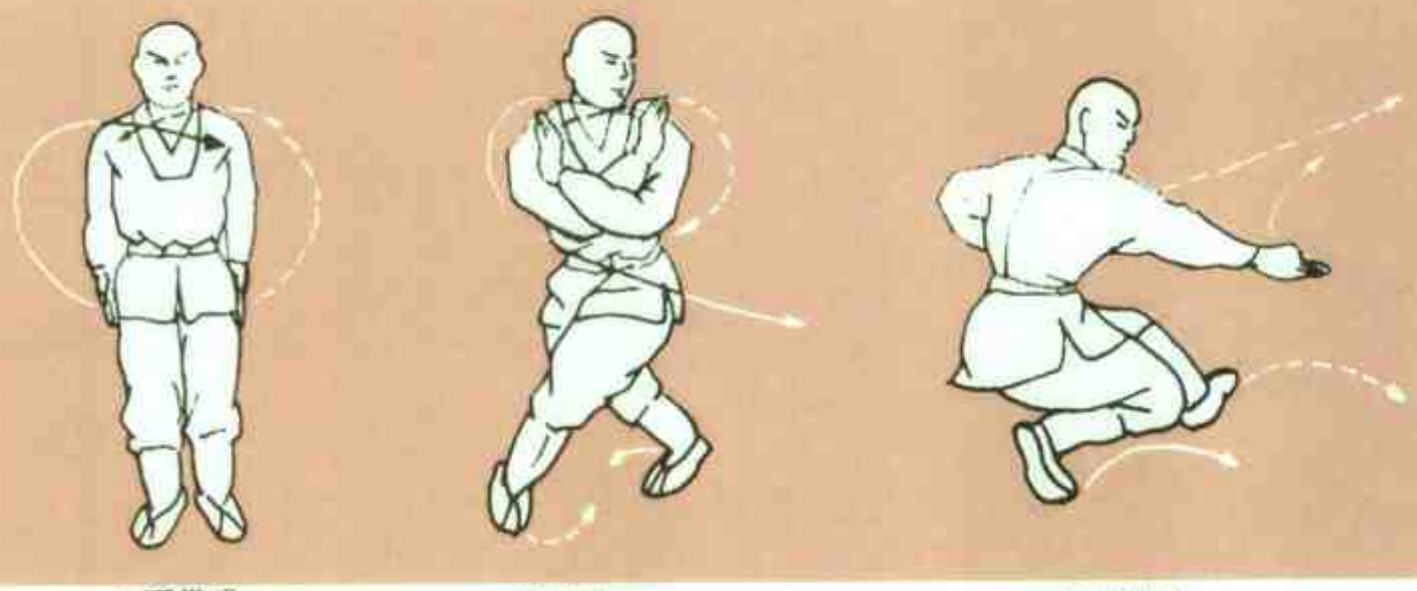
55. 收勢
Restoring to the preparation posture

羅漢十八手

Eighteen routines
of Luohan boxing

少林
羅漢十八手

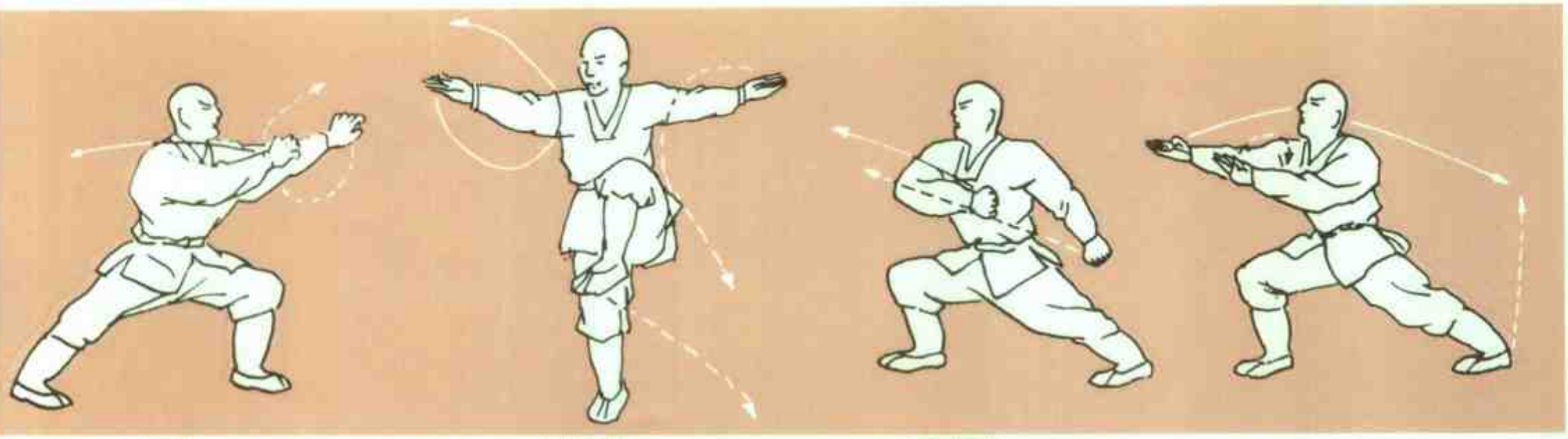
Eighteen forms of Shaolin Arhat



1. 預備式
Preparation

2. 鐵牌護心
Iron plate protecting the chest

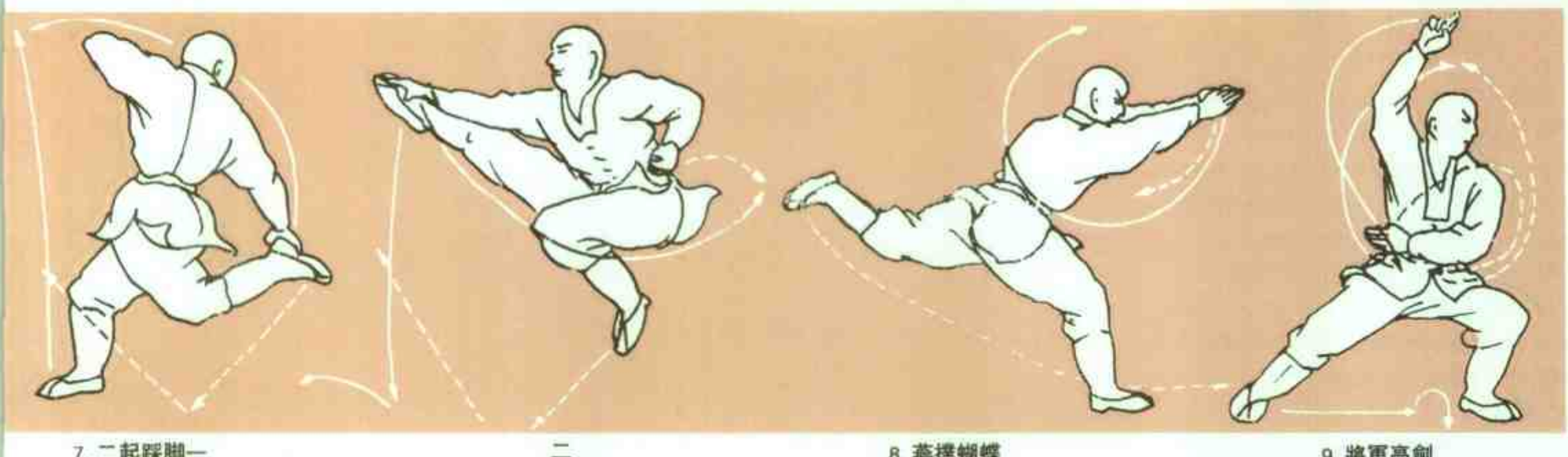
3. 火神分金
Fire god distributing gold



4. 金童開帘
Golden child opening curtain

5. 白鶴亮翅
White crane spreading wings

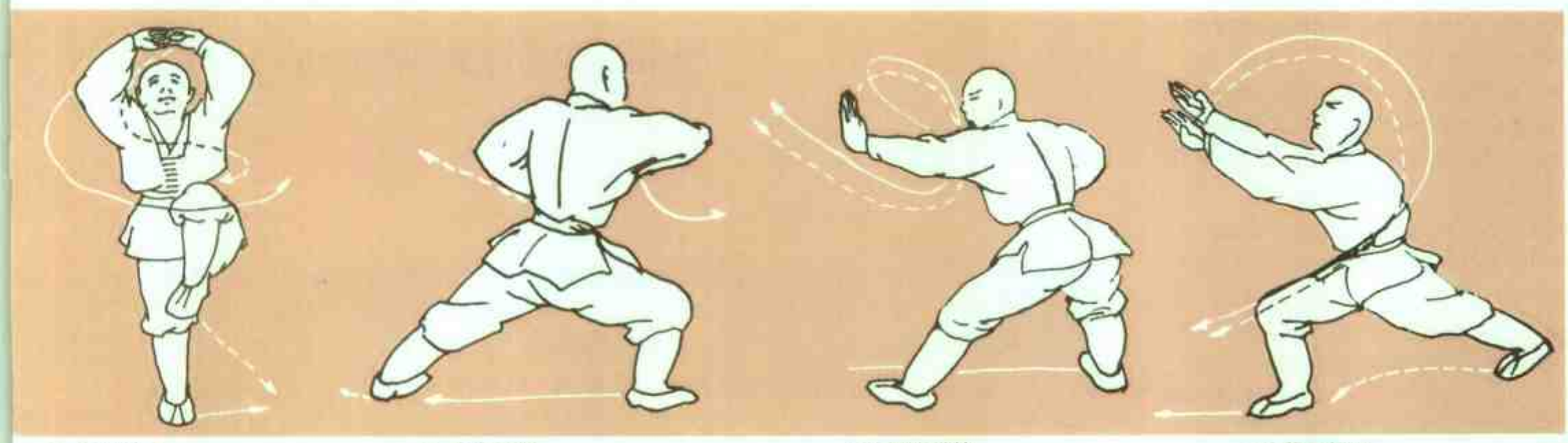
6. 天王托塔一、二
Heaven king holding pagoda in hands (I) (II)



7. 二起踩脚一、二
Patting instep while jumping (I) (II)

8. 燕撲蝴蝶
Swallow spraning on butterflies

9. 將軍亮劍
General baring sword

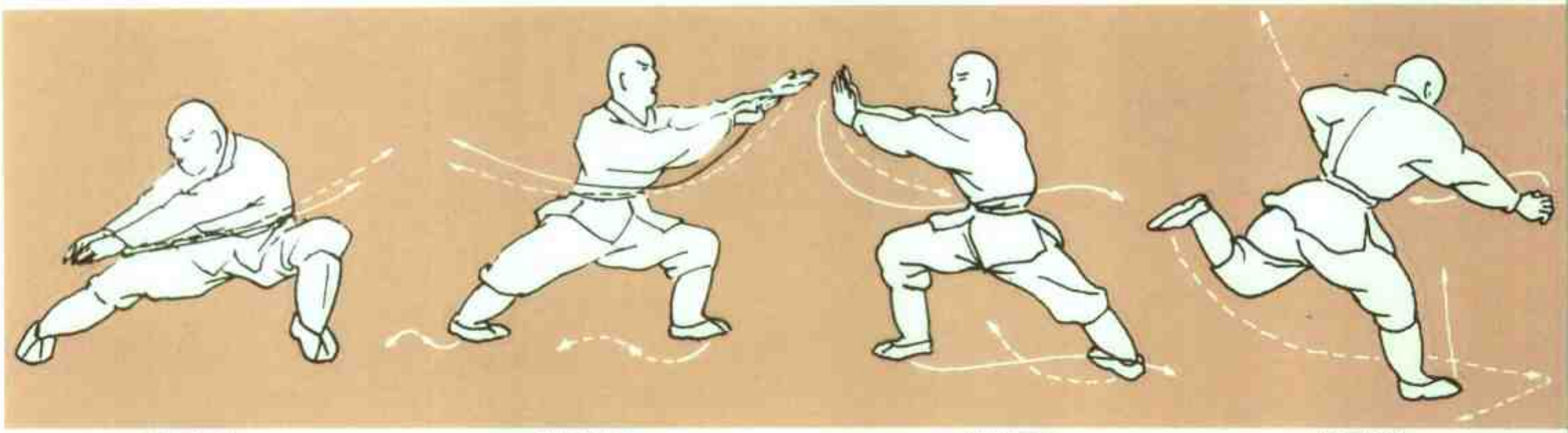


10. 金佛捧天
Golden buddha pushing up the heaven

11. 黑虎破膽
Black tiger wrecking gallbladder

12. 孤戰群敵
Sigle fighting against crowd

13. 雙手托月
Holding moon in two hands

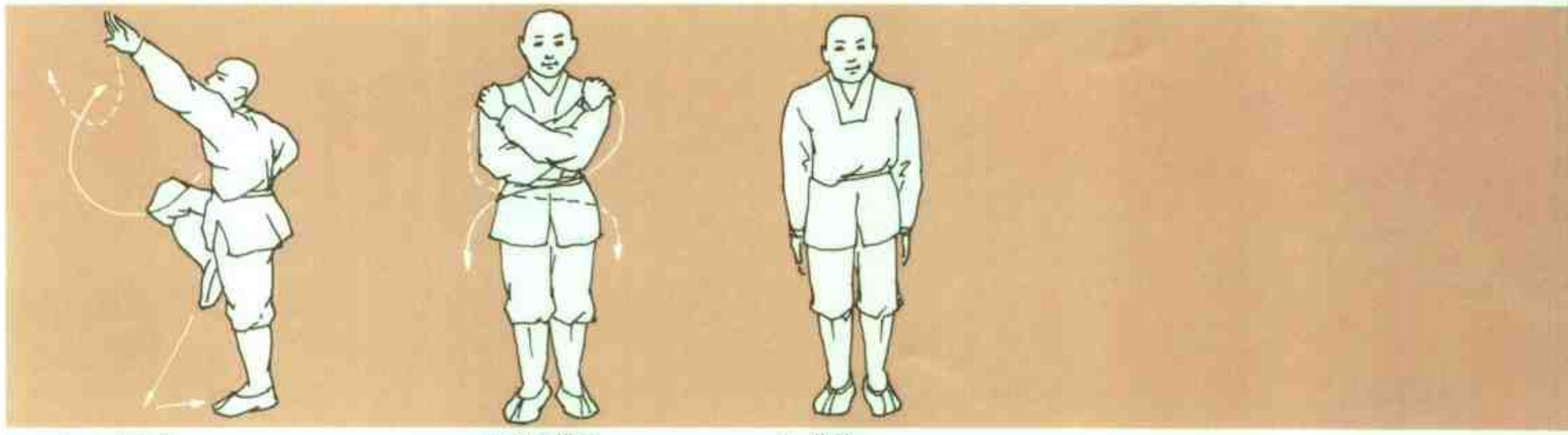


14. 鋒刀潑林
Grainding sword

15. 進瀑進澗
Cominginto falls and gully

16. 推崖擊界
Pushing down cliffs

17. 猛虎撲食
Fierce tiger seizing food



18. 白猿攀空
White Gape climbing up the sky

19. 父子拱手
Holding shoulders

20. 收勢
Restoring to the preparation posture

This Kung－fu is an excellent one for subdueing the enemy in the fighting at close quarter. It can cause the enemy to be dizzy, or maimed, even dead on the spot. That's why the Shaolin famous fighting monks pass on this skill very carefully to their disciples. It stresses on sharp－eye and quick－moving activities, acting according to circumastances and sudden inspiration. The technique of dodging, tumbling, elbowing and wrestling is popularly used by Shaolin fighting monks. To press the twenty key acupuncture points of the body is the secret capturing skill of Shaolin Kung－fu. for example, if you fasten the ememy's lower jaw with one hand and press the sunken position of the ear's root with the thumb, the enemy will be dizzy very quickly. If you fasten the enemy's forehead with one hand, and press the temple with the thumb, middle and forefingers, the enemy will be faint soon. The above capturing skill should be very carefully used.

The Capturing Skills of Shaolin Kung－fu

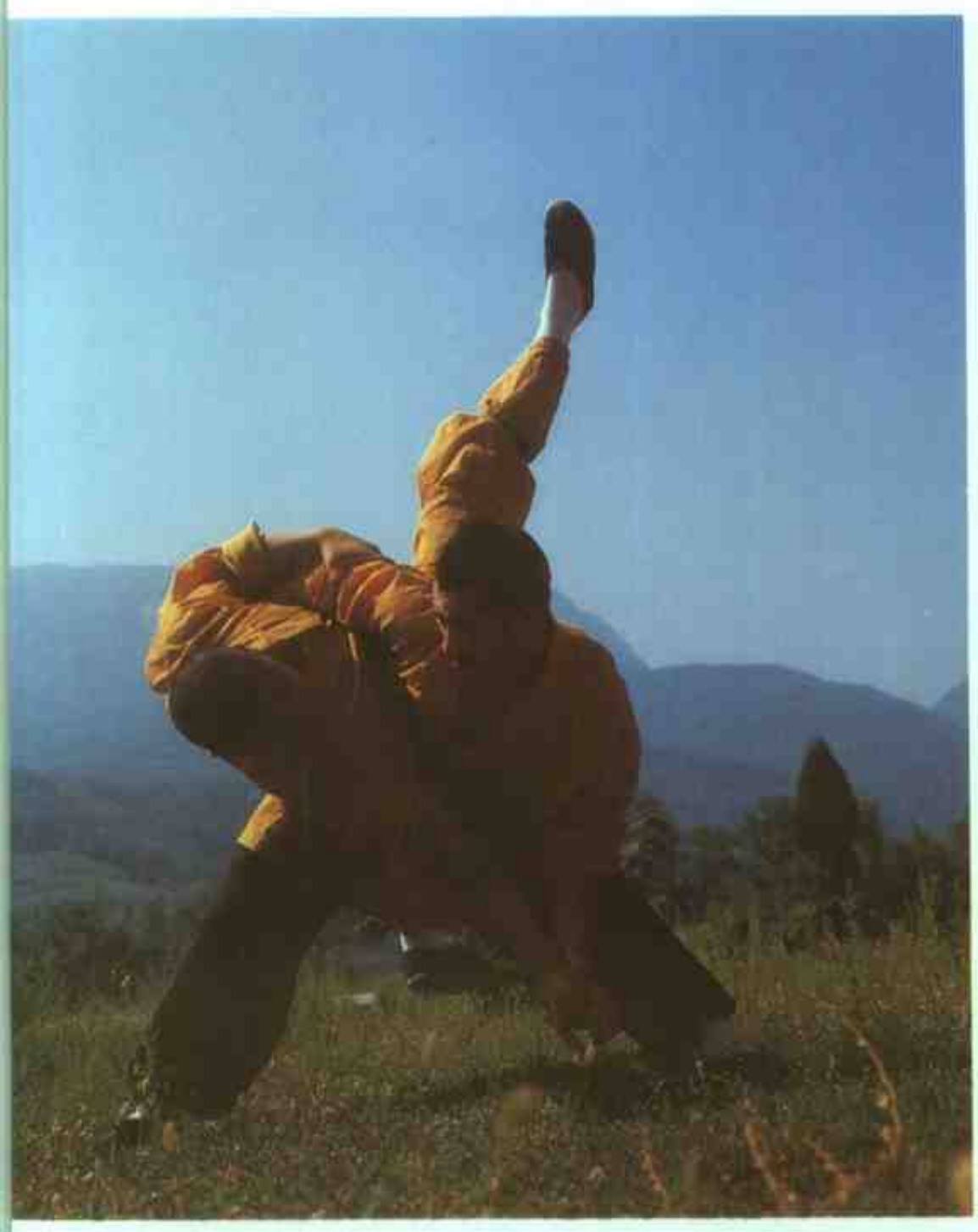
少林擒拿法

擒拿法是短兵相接時的制敵妙術。使用擒拿法，或可制敵昏倒，或可制敵殘廢，甚至可制敵當場死亡。所以，從古到今，少林寺高僧無不謹慎下傳。少林擒拿法講究眼明手快。隨機應變、靈活機動。多用剪、閃、跌、肘、扭等招。擒拿二十個穴位是少林擒拿法的秘傳，其中拿耳根和太陽穴尤爲重要。如拿耳根，用手卡住敵之下頜，以大拇指狠壓其耳後凹陷處，遂可使其頭昏目眩；又如拿太陽穴，乘敵不備，用手卡往其前額，用大拇指與中、食指分別按住左右太陽穴，隨可致敵昏厥。

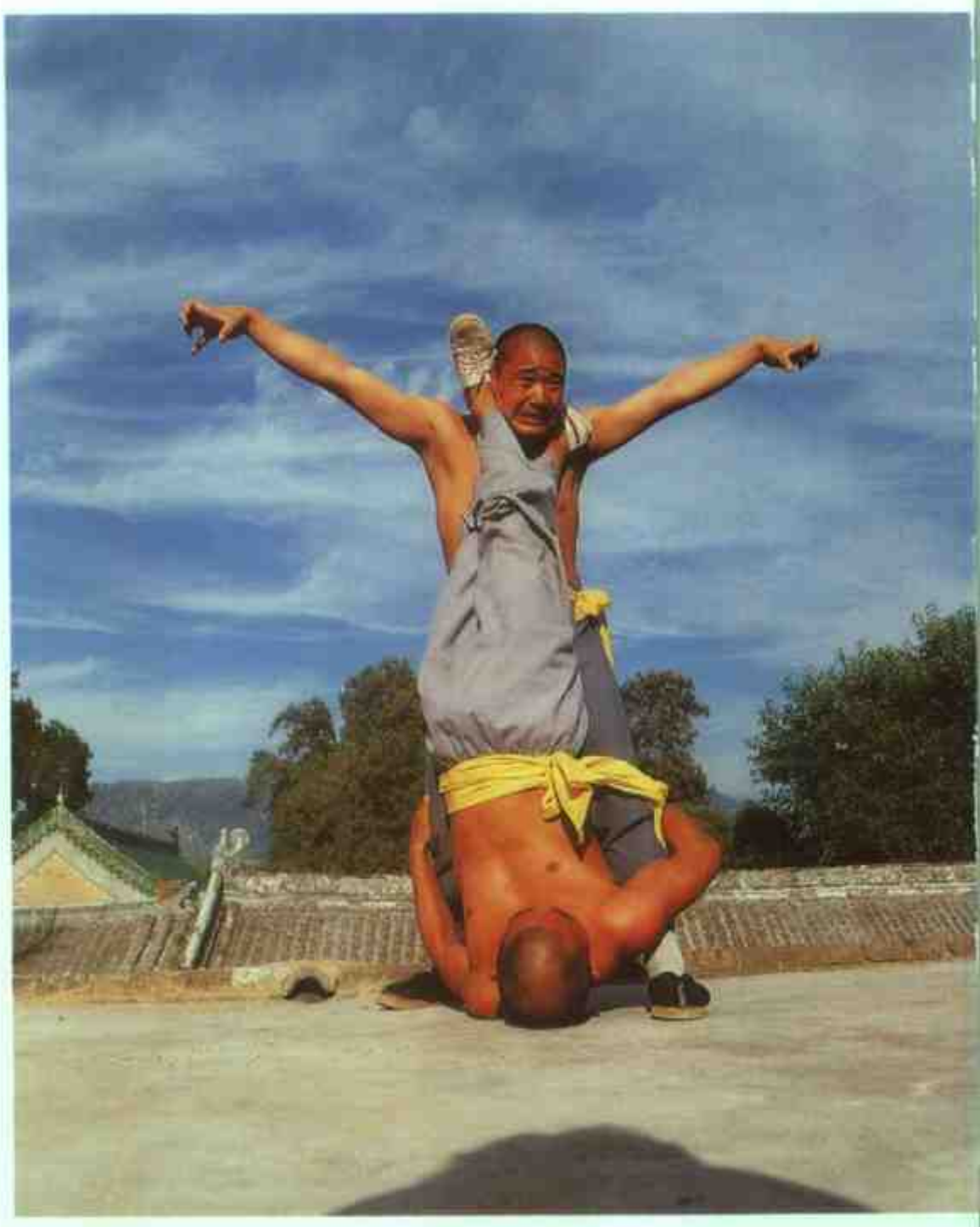
fistfighting　格鬥

擒拿

Capturing



猢鷹捕拿　Hawk springing on its prey



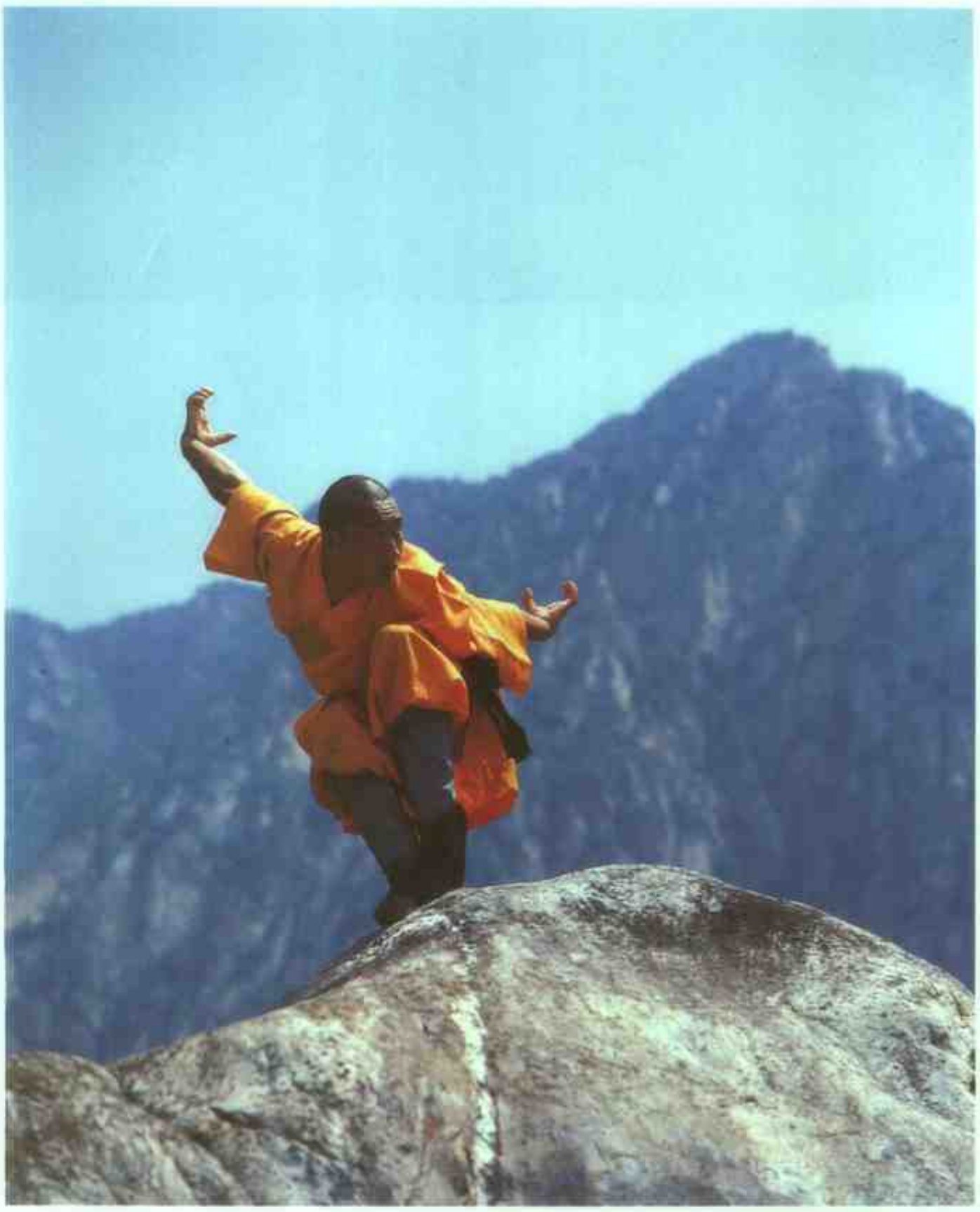
蛇戰雄鷹　Snake defeating a hawk

鎖喉　Locking the throat

The Hauk's Claw Exercise
釘上鷹爪功

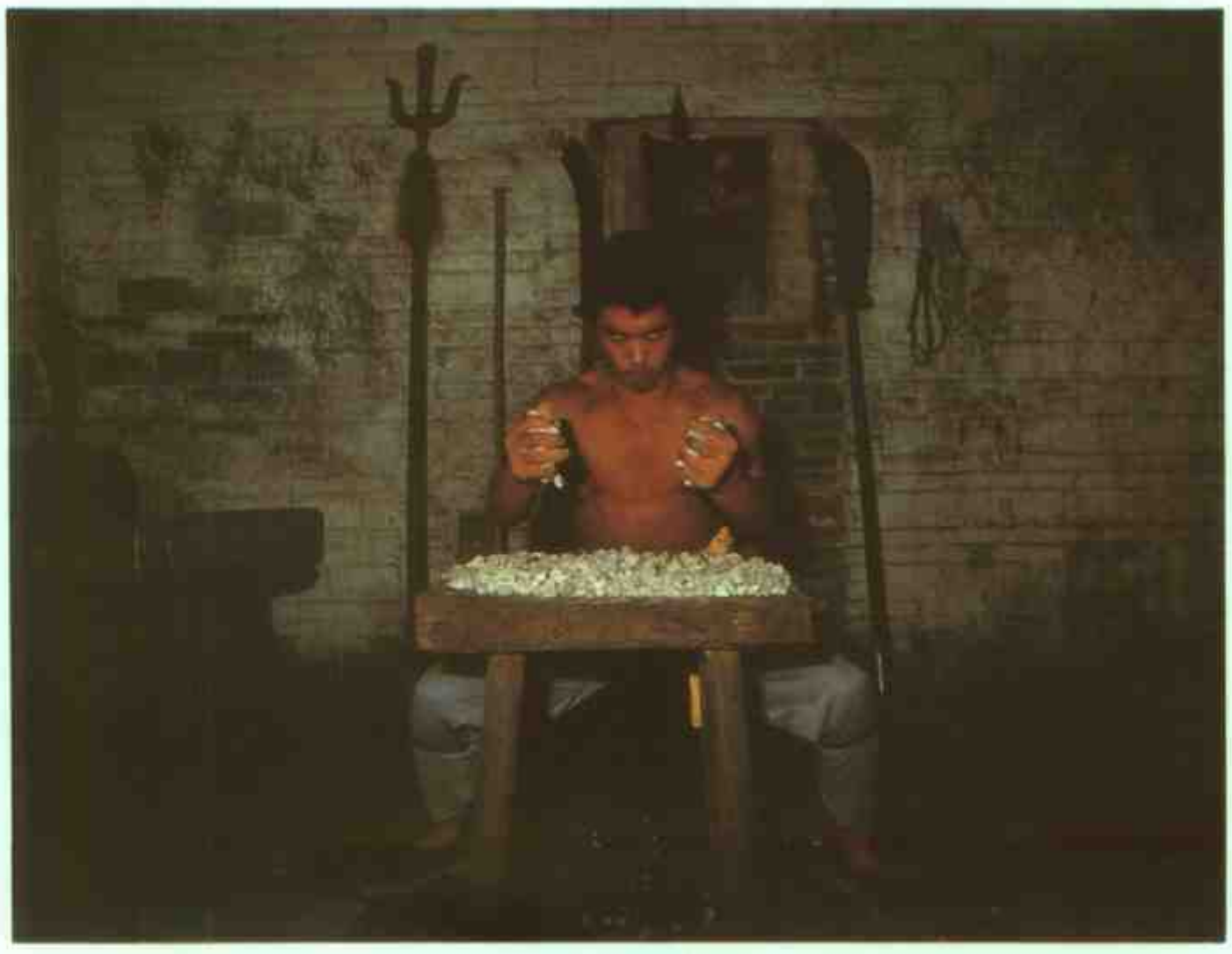
釘上鷹爪功是少林絶藝中較難練的一種功夫。初練時，先準備兩個重約十斤的小口磁壇，雙手各抓一個，兩臂伸直，徐徐上提。開始時可能不易提起，數月後兩手提壇方可上下自如。然後逐步往壇中加沙再練，直至雙手能提起一百二十斤重的壇子，才算練成了第一層功夫。練第二次功夫時，壇內要裝鐵沙，練至雙手能將重三百斤重的兩壇輕松提起時，再練"陰影之功"即在早上太陽初升之時，雙掌對着太陽，五指做伸拉之狀，吸陽剛之氣化爲陰柔之內功。此功練成後，可應手抓吸空中飛鳥。練第三層功夫要雙手提壇，臂伸直，壇內鐵沙加重，雙脚站在釘板上，雙臂上下提壇自如則大功告成。

This is one of the most difficult exercises to be trained in Shaolin unique skills. At the initial stage of training, lift an earthen jar in each hand and stretch two arms horizontally. Perhaps it is not easy to lift the jar at the begining. But several monthes later, you can lift the jars freely. Afterwards, put some sand into the jars and practise again with the same method as the above. The first level of this Kung-fu could be completed untill lift something weighing 60kg. Secondly, put some iron sand into the jars and persist in hard training untill lift two jars weighing 150kg smoothly by two hands. Then come to the third stage of th skill. Stand on a nails plate for the training of lifting two heavy jars in which more iron sand will be added.



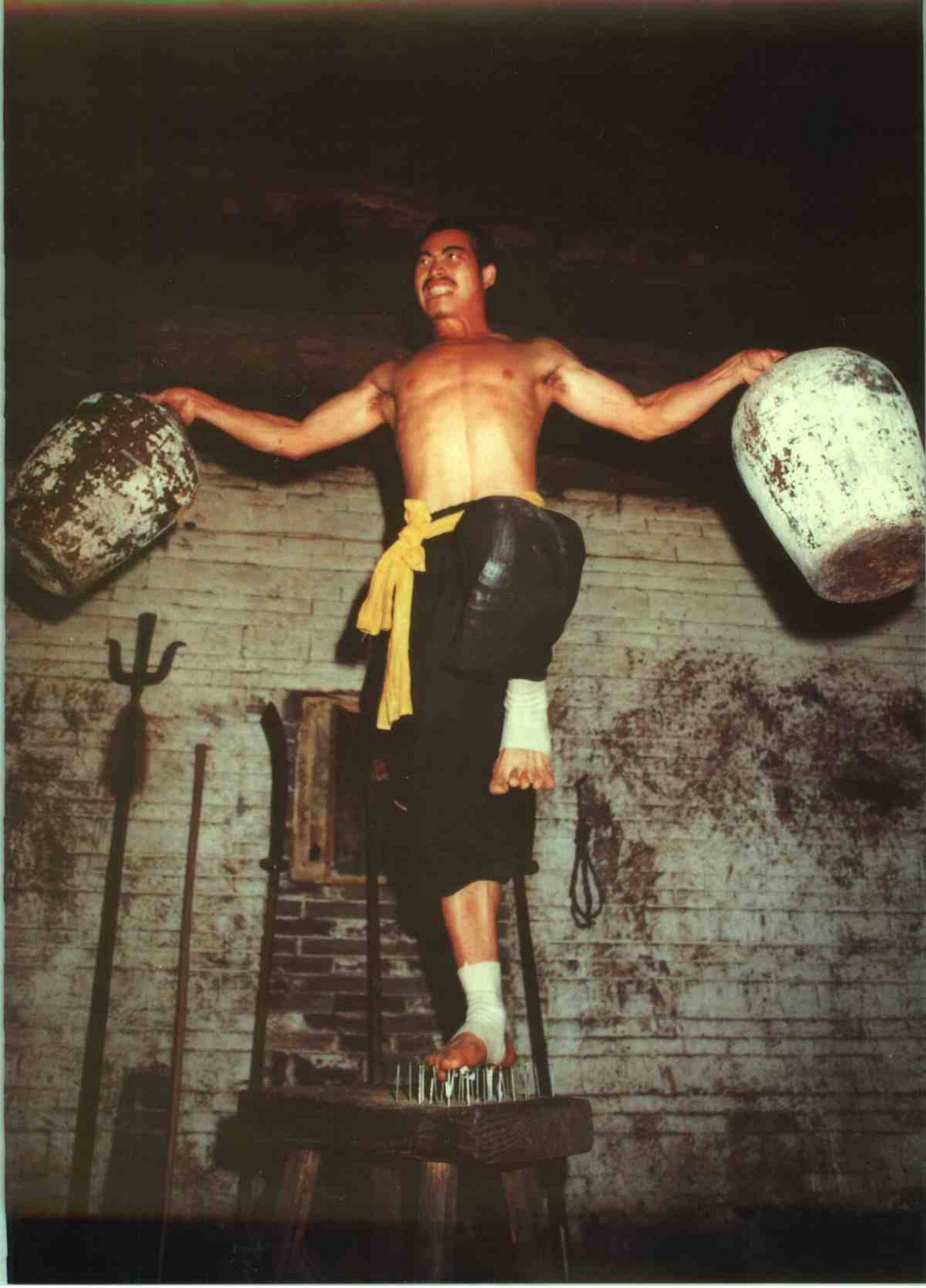
鷹落蒿山
Hawk sttling down on Songshan Mountain

鐵爪
Iron claw



指碎石
Smashing a piece of stone by fingers

釘上鷹爪功
Practising Shaolin exercise on the nails

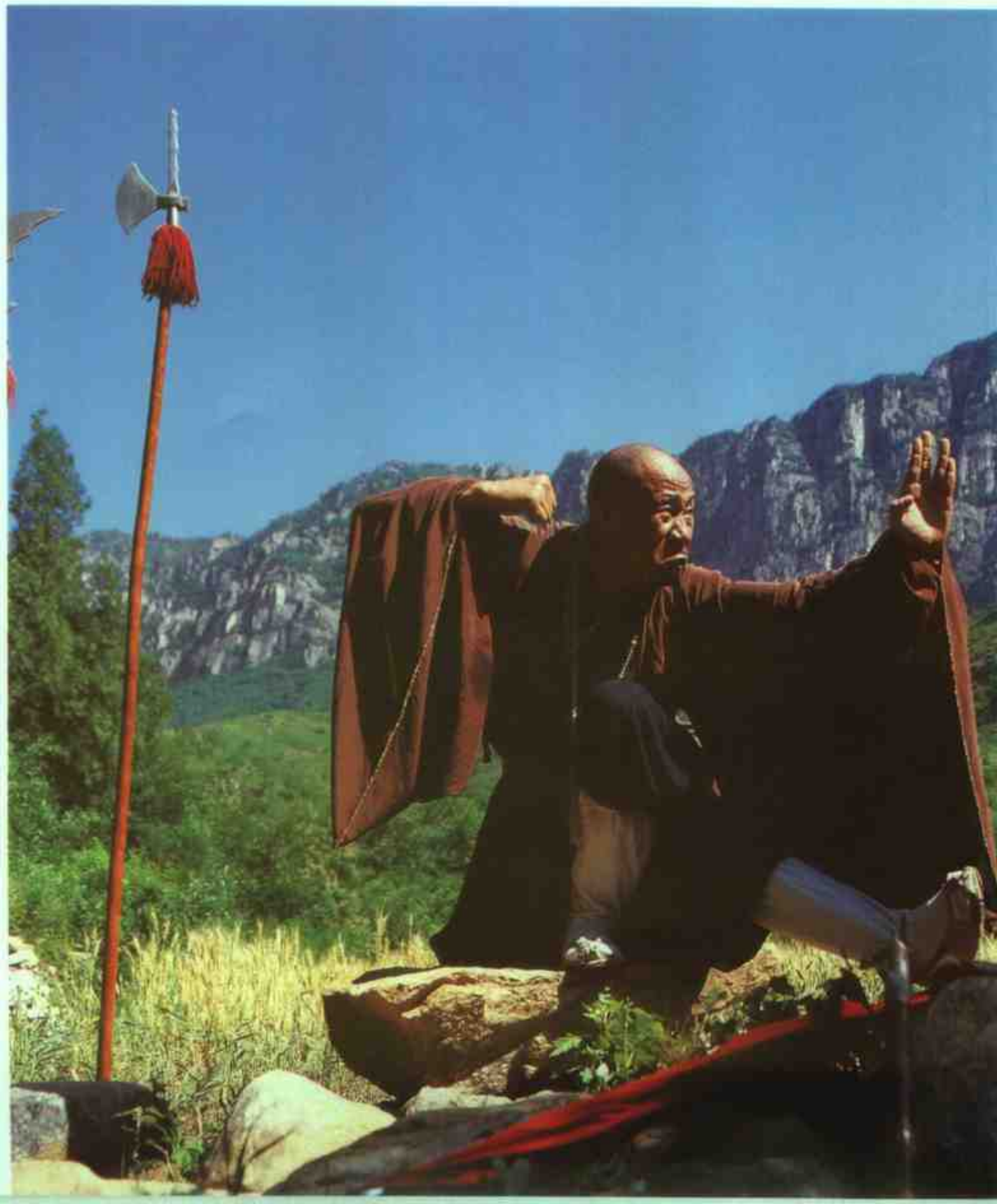


The Palm Exercise

掌

The palm exercise is a most flexible and changeable boxing for attack. Its root is in the hands and the feet. Its power comes from the legs. It is dominated by the waist and presented on the fingers. The palm exercise is devided into several types, such as vertical palm, horizontal palm, direct palm, side palm and Yin－Yang (negative and positive) palm. Keep four fingers abreast while crook the thumb and keep it close to the edge of the palm. Another posture of the palm exercise is to slightly crook the tips of the five fingers which looks like a tiger's claw. Though the palm exercises are different in posture, but same in practice. When take an offensive, use fingers to stab enemy's throat at first, then press down the palm. When take out the palm, give a lound shout which will cause the enemy tremble with fear.

掌是靈活最富於變化的技擊手形。掌，其根在於手脚，力發於腿，主宰於腰，形於手指。掌分爲立掌、横掌、順掌、側掌、陰陽掌等。但都是四指緊排，拇指稍微彎曲緊貼掌沿，稱爲柳葉掌或班禪掌。另一種是五指指尖微曲，如虎爪狀，名爲虎爪掌。兩種掌形態，名稱雖不同，但用法一樣，都是力注掌心。在進攻敵人使用掌功時，先用指點入敵之咽喉，再平掌按下，感覺掌心正及敵心窩，然後放全力吐出，但吐出時，得開聲一喊，令敵人心房猝然一驚，則掌力始恰到妙處。

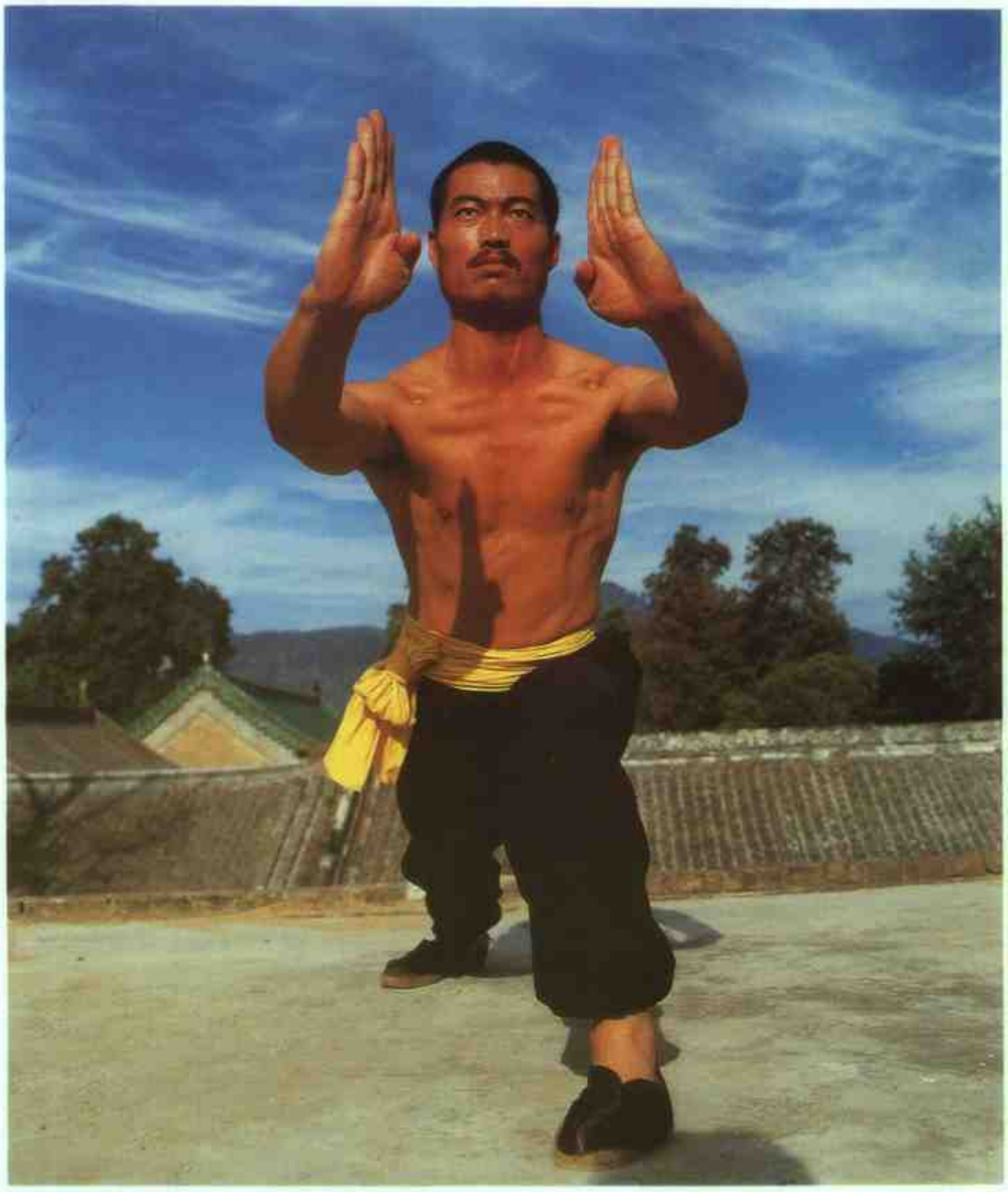


蓮花神掌

Magic palm

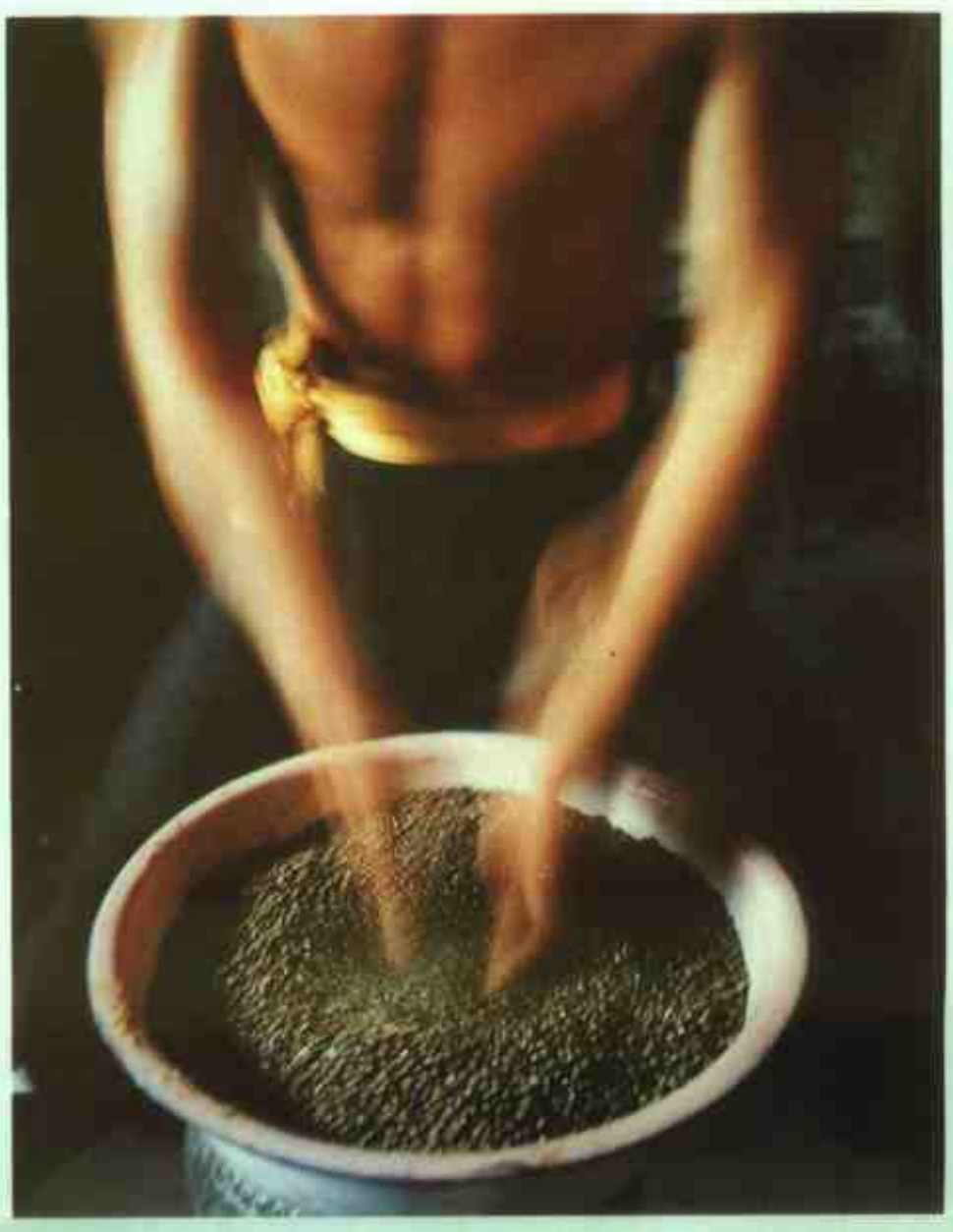
八卦蓮環掌

The eight diagrams palm exercise



金沙掌

Jinshazhang（one of the palm exercise）



The Sword for Killing Devil

(the palm exercise)

斬魔劍

This is a palm Kung－fu. The palm could be as sharp as a sword which can break the rion plate and whittle a piece of wood. Only a few of shaolin monks in the past dynasties could manage this palm exercise. It requires more than 30 years of hard training to win the success. According to the historical documents of Shaolin Monastery, master Zi Kai in Sui Dynasty and master Fu Ju in Tang Dynasty were well known throughout the country for thier palm exercise.

At the early stage of training, cut a piece of wood with the palm. There will be a concave mark on the wood after cutting wood training for three years in succesion. A 6－year splitting can cause a mark of a kinfe－cut on the wood. Afterwards, cut a piece of stone with palm. Through 6 years training, the palm can break the stone to pieces. Then, cut the iron filings with the palm. After many years of hard training, the palm can cut the iron filings to pieces, just like a knife cutting th bean curd. Only at this moment, is the palm exercise going to be crowned with success. During the practical fighting, you can break the enemy's bone easily with the palm exercise,even cause them to death.

斬魔劍實際上是一種掌功，因掌鋒如刃，可鍛削鐵木而稱爲"劍"。少林寺歷代武僧皆練此技，但大成者則屬鳳毛麟角，因練成此功，必須有三十餘年的持恒苦練。少林寺文獻記載，隋代的子開和唐代的福居等諸大師以斬魔劍而著稱於世。

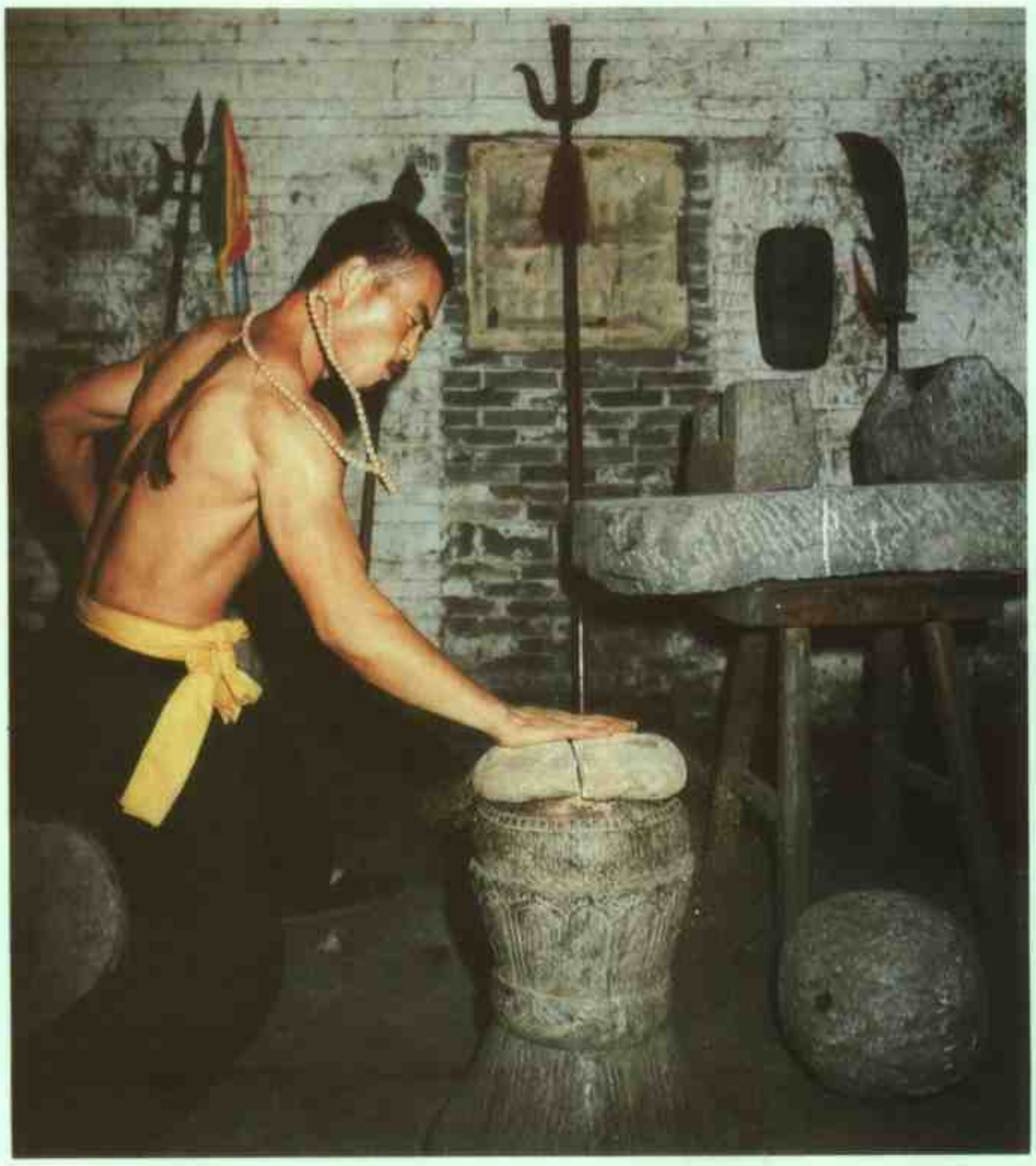
斬魔劍先練掌砍木塊，三年能用掌在木塊上劈出凹痕，六年用掌在木塊上能劈出刀切痕。然後再練掌砍青石塊，六年後掌到石碎，十年苦練掌可斷石塊如刀切。之後再換 砍鐵屑，初時，一掌砍下，提掌後鐵屑即可合聚如初。六年後，一掌砍下。提起時，鐵屑仍有排開之痕。再經數年苦練，可以掌將鐵屑切成數塊，如刀切豆腐，完整平齊，此功才告大成。在技擊實戰時，掌鋒利如刀劍，觸敵時可使其筋斷骨折，勢不可擋。

斬魔劍

Devil－killer

飛掌斷石
Smashing stones by a flying palm

Practising the palm exercise at night 夜練金掌



鐵掌斷磚

Smashing bricks by the iron palm

Qianjinjao
(the foot exercise)
千金腳

此功乃少林功夫中之脚功，練成之後，可飛脚斷石。練法是：將一碗口粗木樁埋栽于地下二尺，上露五尺，用磚石把木樁固牢而無動摇之狀。練功中用脚外側，向木樁踹踢，左右脚交替，一年後，用脚後跟向木樁蹬擊。每天早、午、晚三次練習，每次踢擊五十至一百腿，漸增加至五百腿。練至每天踢擊木樁二千腿不覺勞纍時，可用脚將木樁踹斷。然後再練踢長方形的石頭。石頭重量從八十斤至一百六十斤，可增至一千斤。初踢時足趾有疼痛感，練習天長日久，自不覺痛疼。練至能一脚將二百斤重石塊踢出數尺遠時，功力告成。但不得中斷練習，待功練至一脚踢動千斤石時，方可飛脚斷石。

This is the foot exercise of Shaolin Kung－fu. With this Kung－fu, a rock pilar can be easily broken by a flying kick.The training methods are as follows：bury a wood pile which is as thick as a bowl underground with some 5 feet above the ground and fix the pile very tightly without any shake. Kick the pile with one foot, then with the other.After a 1-yeaar training, kick the pile with the heel Each time kick for 50 to 100 times. If you don't feel tired after 200 kicks a day, you will kick the pile to pieces. This is the first stage of training. After wards, practise to kick a rectangle stone of some 40kg.At the every begining you will feel a slight pain when you kick the stone. After a considerable period of time, you will not feel pain and achieve a success of kicking a stone block of 500kg in weight to be broken.

鐵脚斷棍

Breaking a cudgel by the iron foot

拳脚相擊　Fighting with fists and feet

凌空脚　Flying kick

開山脚　Baring hand versus weapons.

飛脚開石

Smashing a piece of stone
by a flying kick

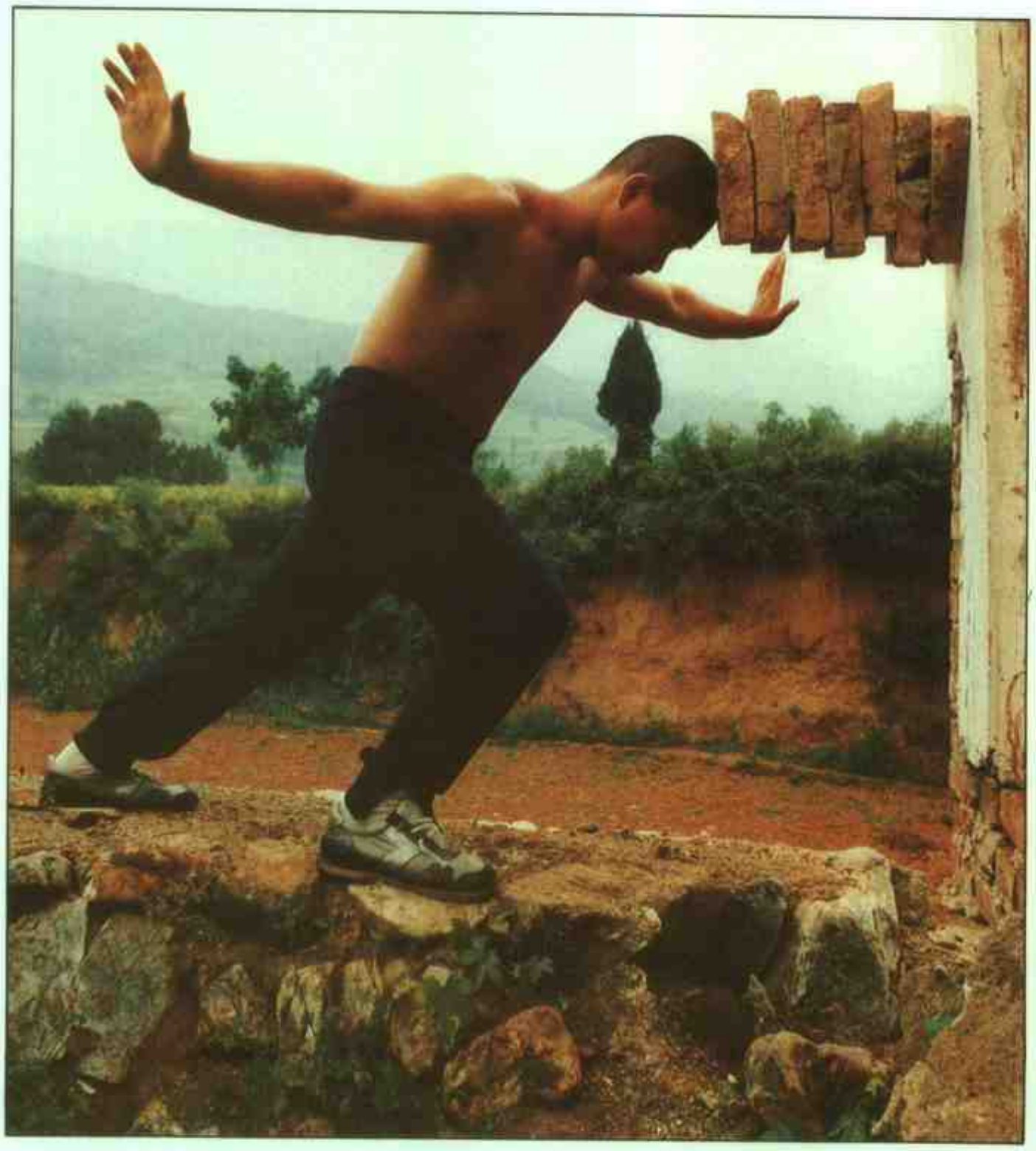
泰山壓頂

Bear down on one with the weight
of Mount Taishan

Tietougong
(the exercise of head training)
鐵頭功

Tietougong is one of the unique skills of Shaolin Kung－fu. For example, a famous Shaolin monk called Hong Chan could still walk at a brisk pace with a stone block weighing 170 kg on his head at his age of 80. If his head bump against a big stone tablet, it would be broken easily. So he was honoured the Iron Head Arhat. Before practising this Kung－fu,have a Chinese medicine pill which is called "Xinggong Meizhuang Wan" with Shaoxing wine. After a while,stand and concentrate the Qi (a deep breath) to Dantian (a acupuncture point below the navel) and direct it up to Baihui(a acupuncture point). Then prop the upper jaw with tongue, close the mouth, breathe in with the nose and at last direct the Qi (a deep breath) to the whole head and the face. Afterwards, hit the top of the head with fists, then hit the forehead with a wood brick or a iron stick. Through a long time of training the head will be as hard as a rock. If the head dash against a rock block, it would be smashed into pieces. If the head bumps against a iron plate, it will be caved in, and if the head run into a person, he will be dead.

鐵頭功乃少林功夫絶技之一。少林高僧洪禪法師善鐵頭功夫，到年八十有餘，仍能頂起三百四十斤重的石頭走動，氣不噓喘。頭撞石碑碑分兩截，被稱爲鐵頭羅漢。練此功前，先服"行功内壯丸"一粒，用黄酒送下。站立運氣五至十次，氣發丹田，上輸百會。舌抵上腭，閉口，用鼻呼吸，氣貫頭面，一氣呵成。再用拳頭擊頭頂，用木棒鐵棒連打頭顱，由輕漸重，每回百餘次。少林拳家有言：功夫之最深者，頭堅如石，擊石石碎，觸鐵鐵陷，撞人人亡，功法無敵。鐵頭功分爲頂門、前額、後腦三個部位，須運用内氣，氣與神充滿腦房，互相爲用，方能功成。



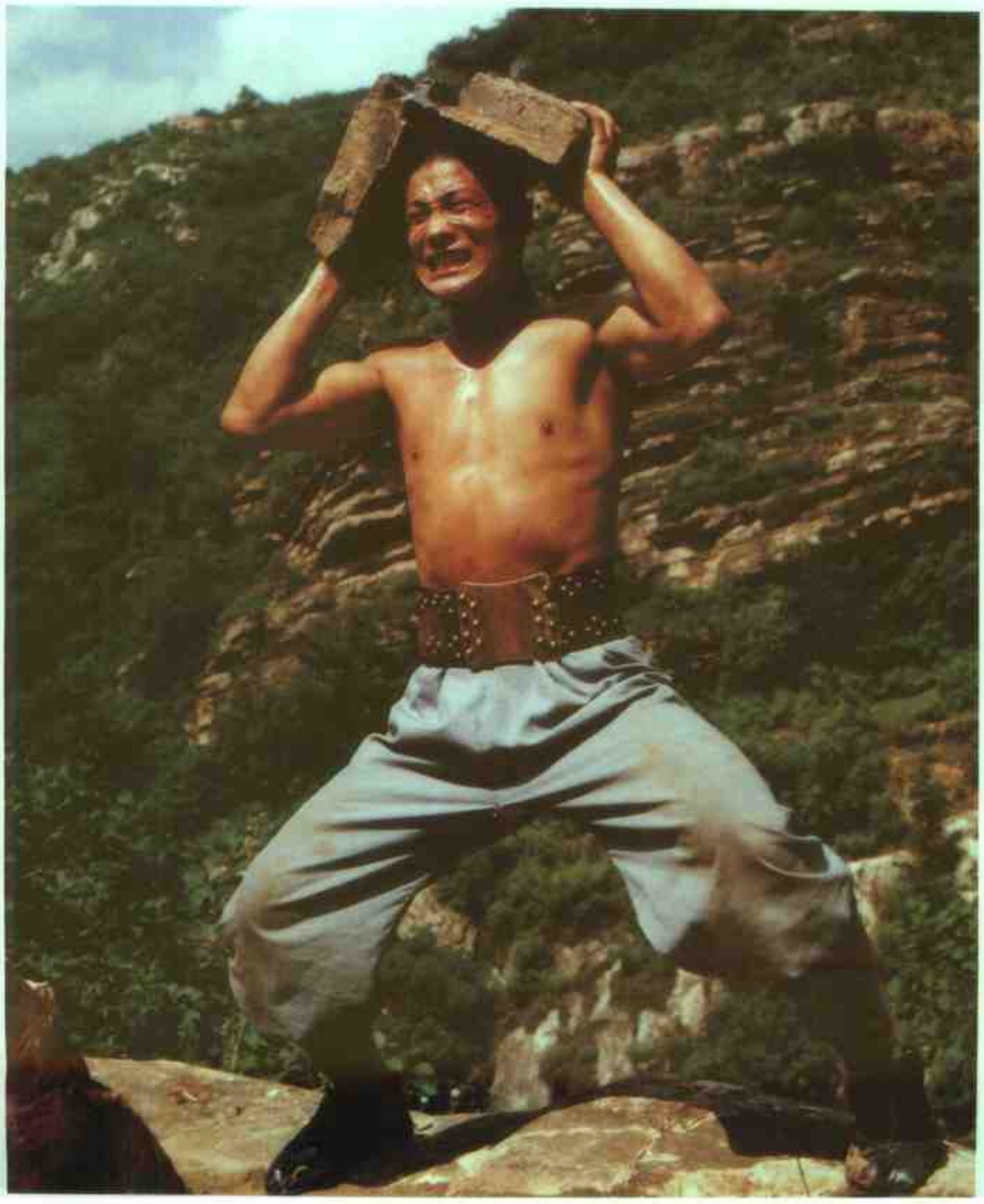
初練
The initial training

對頂
Hardening thier heads

相持　Being locked in a stalemate

頭撞石碑

Running into a stone tablet with the head



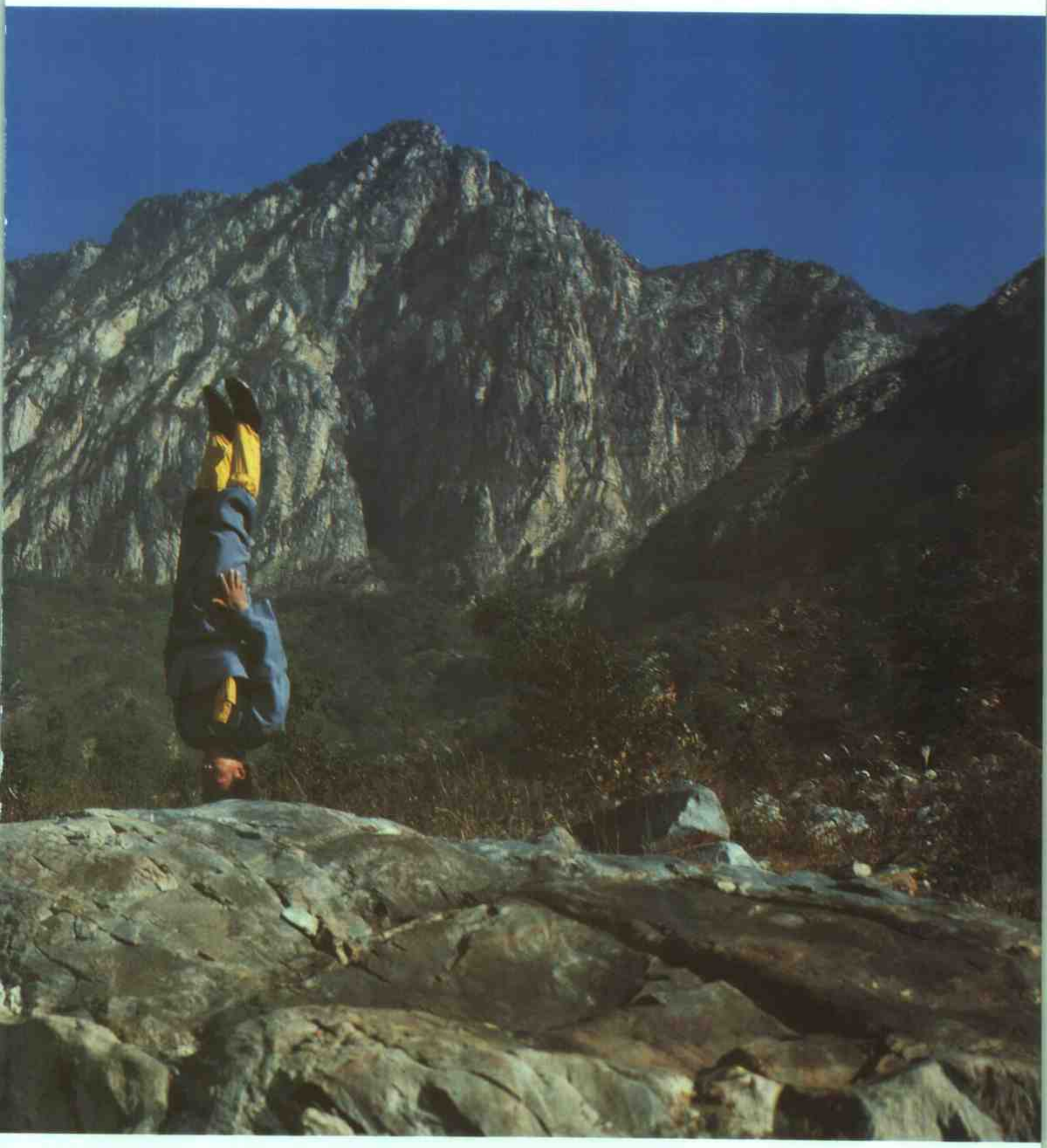
鐵頭斷石

Smashing a stone block with the head

鐵頭開磚

Smashing bricks on the head

頭錐嵩山　Drilling the Songshan Mountain with the head



The lieing Tiger Exercise

卧虎功

The Lieing Tiger Exercise is one of the unique skills of Shaolin Kung－fu. this Kung－fu emphasizes on the power of the feet and legs by which the enemy could be kicked to be injured and disable, even to be dead.

During the training, lie prone, prop up the whole body with two palms and two tiptoes, then contract the body. When the four limbs feel no longer a strain to prop up the whole body, change palms into fists and practise it again.

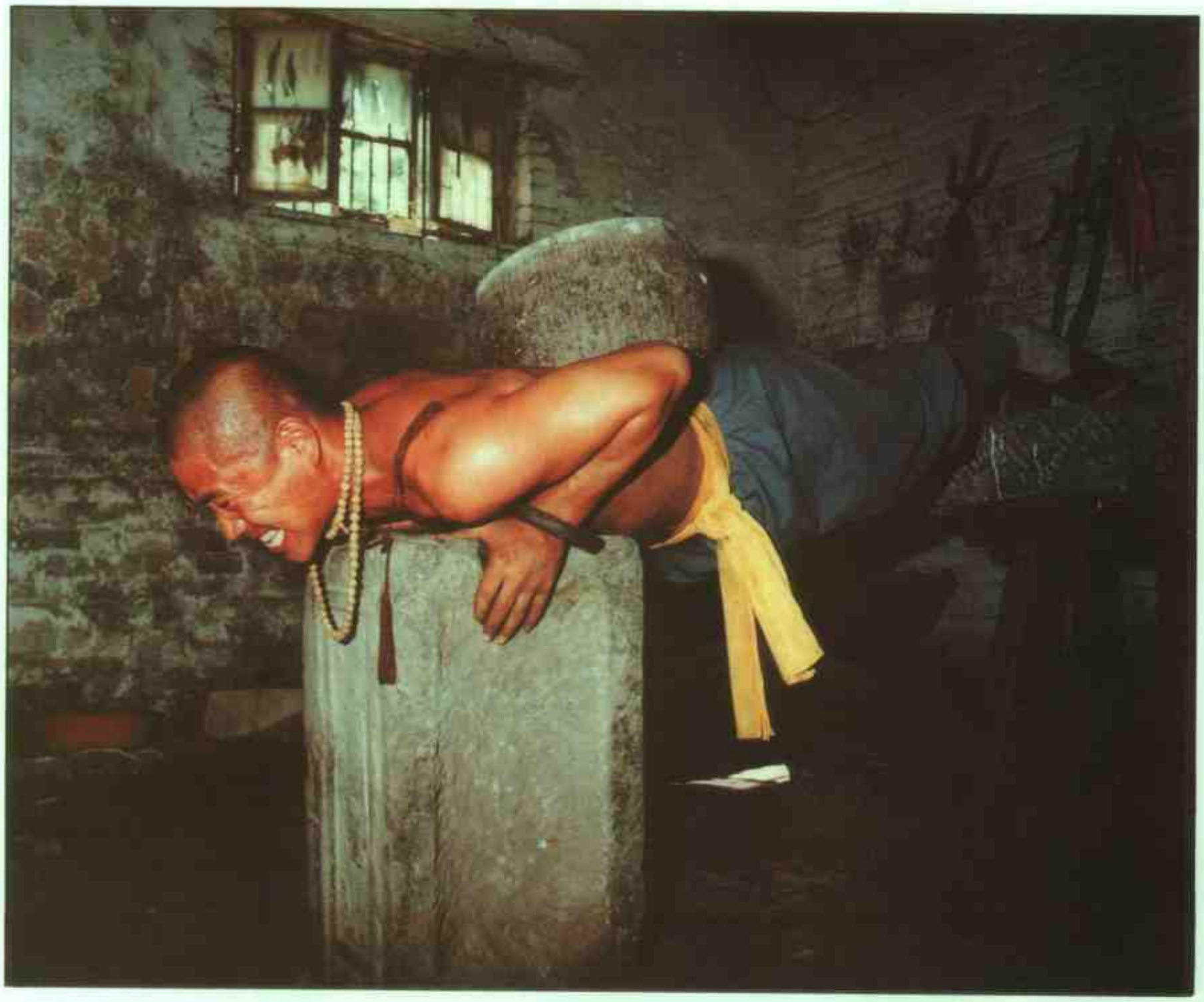
Afterwards, put stone block under the fists and the tiptoes, hang the whole body in the air and practise it again and again. Several years later, if you can contract the body back and bend it forward in the posture of hanging the whole body in the air with a piece of stone weighing 100kg on the back, the lieing tiger exercise is accomplished.

卧虎功是少林功夫的絶藝之一，少林寺歷代武僧皆習練此功法。卧虎功着重練脚腿的功力，功成後可踢出千斤之力，其威力勝似刀搶，輕則可致敵傷殘，重則可使敵當場斃命。

練功時，用兩掌和兩脚趾尖支地，肚腹懸起四寸，縮身後挫。練至四肢不覺費力時，變掌支地爲拳支地再練，練至每天能做二百至三百次不覺疲勞時，再用石塊墊起拳面與足尖，全身懸空習練。三年後，可在背上放上一塊六十斤重的石頭做後縮前伏動作，而後逐步加大背上所負重量，直至負重一百五十斤仍能懸空做後縮前伏動作，並且每千次以上不覺乏力時，則即告成功。

卧虎功
Tiger－lying exercise

睡吊繩 Sleeping on a hanging rope



懸空卧虎
A tiger lying in the air

Paidagong

(the exercise of beating every part of the body with a woodbrick)

排打功

At the begining of training, beat every part of the body with a wood brick which is 1.6 inches wide and 1.5 inches thick. The beating order is from arms to legs, then to the chest, the abdomen, the waist and two shoulders. Have such a practice twice a day seperately in the morning and at the night. After one year and a half, take the second step of training for beating the body with a clay brick instead of a wood brick. the beating method and the beating order is as same as beating with a wood brick. Such a training should last two years. For the third step, beat the body with a metal brick (made of copper or iron) instead of a clay brick for another two and a half years without any suspension.

With the accomplishment of this Kung－fu,every part of the body will be very strong and solid. A common cuff and kick can't cause you injoured. But during beating the crotch, you should carefully pay attention to getting the Qi (a deep breath) together fully and take one beat between each breath. It requires 4－6years of hard training to achieve the success.

初練時，以堅木做成長一尺，寬六寸，厚一寸五分的木磚一塊，用手握木磚中央，以木磚外沿側擊身體各部，先排打大小臂，再排打大小腿，次排打胸腹，後排打腰和兩肩。每天早、晚各排打一次，每次排打身體各部百余下，持續一年半。第二步把木磚換成窯磚(蓋房用磚)排打，仍然和用木磚排打的方法、順序一樣，排打二年。第三步把窯磚換成金磚(用銅鐵鑄成)再依用木磚排打的方法和順序排打二年半，不可中斷。

至功成之後，全身上下各部則堅實無比，雖然不能刀搶不入，但一般拳脚踢打，不致傷身。應注意的是：在排打軟襠部時，須把氣鼓足，不要傷了內部，大約一呼一吸間，擊打一下，每排打一下之後，吐出一口氣，然後再鼓氣排打。

千斤脚排打

Taking a heavy kick

鐵布衫

The belly exercise

鐵布衫斷棍，令人驚嘆！

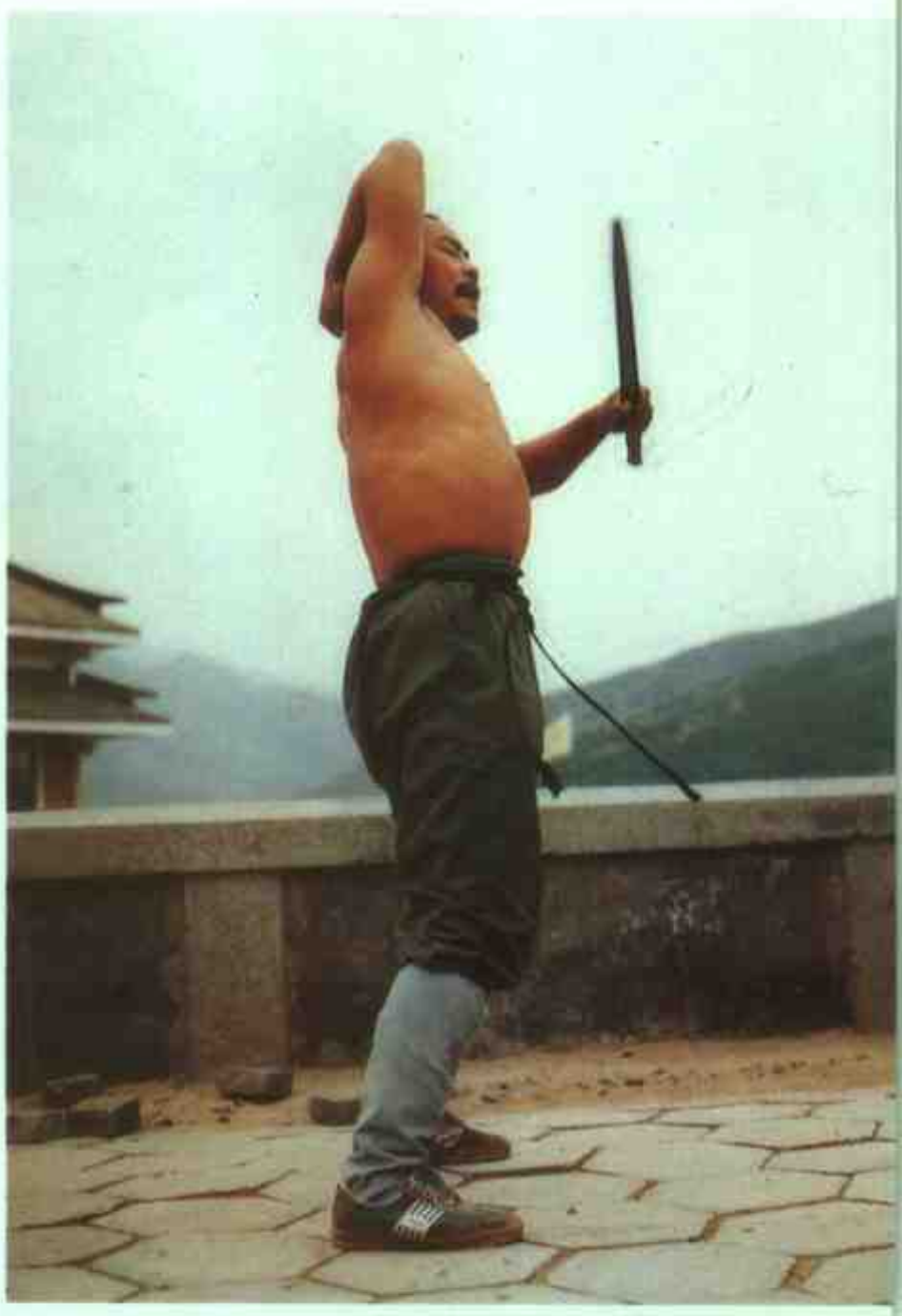
Taking a heavy blow from broken thick cudgel

鐵錘撞肚

Dashing against the abdomen with a iron hammer

鐵棒排身

Beating the body with the iron stick



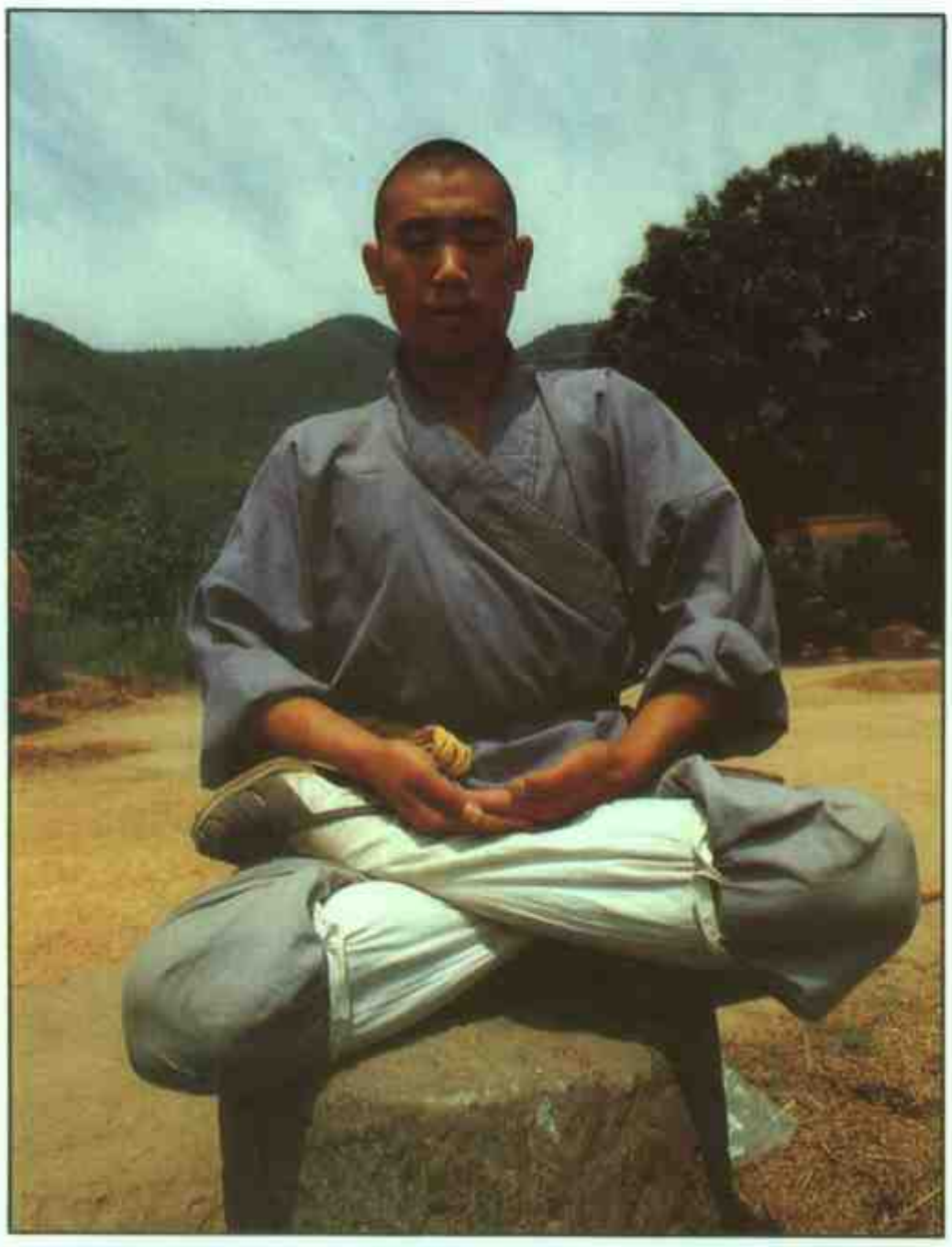
Shaolin Tongzigong

(the children's exercise)

少林童子功

This Kung-fu must be trained from childhood. It consists of 18 styles and requires the preseverance of hard training. If this Kung-fu is crowned with success, each style could be turned into a move for attack and defence.In the past thousand years, Shaolin Monastery always took the child's exercise as the basic Kung-fu for children to be a Shaolin monk.

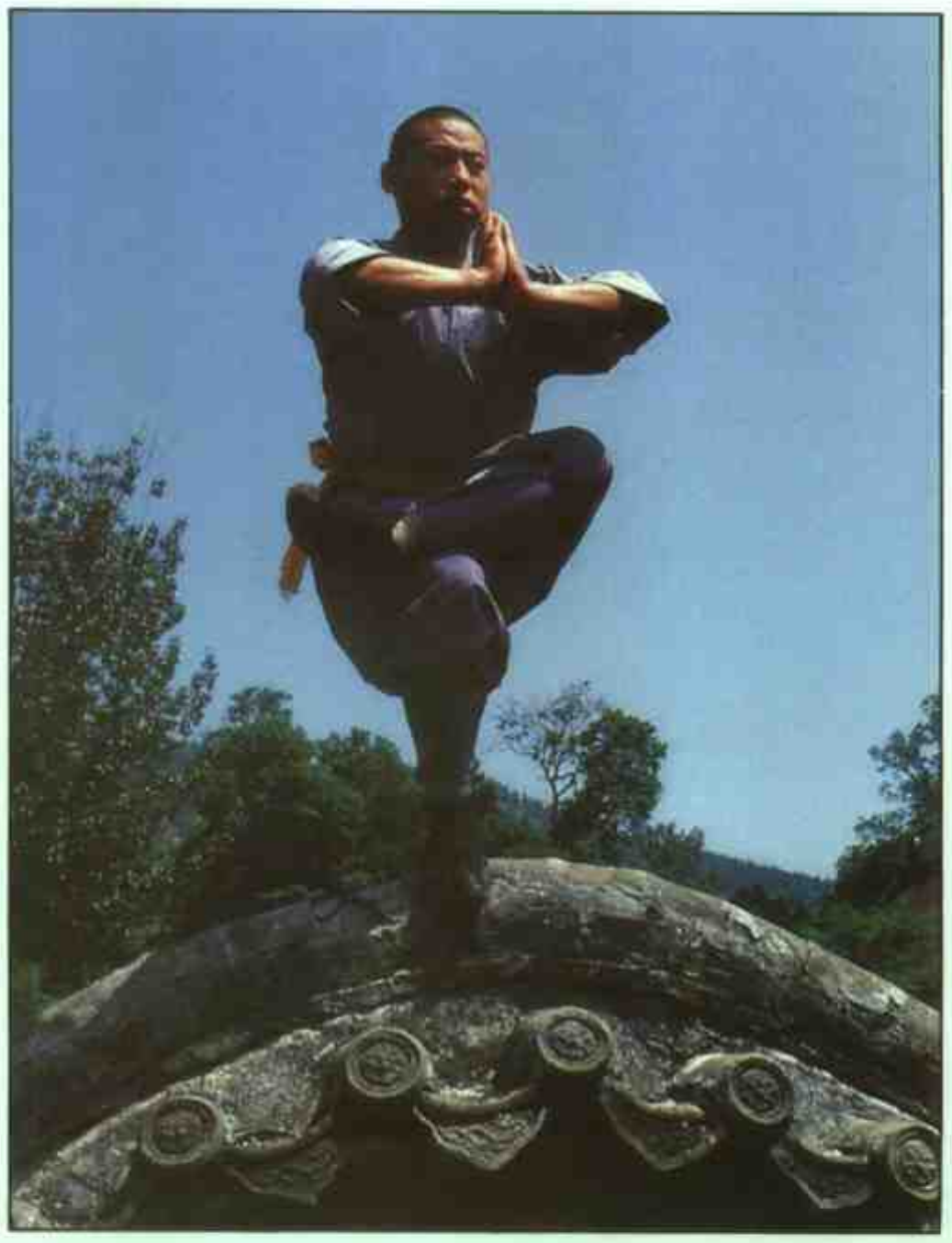
少林童子功共十八式，必須自兒童時練起，若持之以恒，功成後身輕如燕，內力精純，收發隨心，而且每式均可化爲攻防之要招。少林寺上千年來，對入寺之少年都要以童子功爲入門功夫。此功最難持久，非堅韌不拔者難以練成童子功。



羅漢打坐 Arhat in meditation

抱佛脚 Bending

羅漢拜佛
Arhat worshipping Buddha



羅漢睡覺
Sleeping arhat

Budaigong

(the exercise of the abdomen)

布袋功

The abdomen exercise is one of Shaolin Qigong for self－defence. Being successful with this Kung－fu, the abdomen can be as soft as cotton, or as hard as the iron, and feel no pain after cutting or kicking.

At the begining of training, get up at 4：00a.m. sit quietly and produce the Qi, then massage the abdomen with hands while breathe in and breathe out. After tree years of hard training, the abdomen will be as hard as the iron while breathe out, and as soft as cotton while breathe in.

Afterwards, take another three years of training, the abdomen can suck some substances. If breathe out, the substance will be shoot off by the abdomen to beat the enemy. Through 5years of training, the abdomen can sustain the sharp sword tip tied on the tree, and cause the tree shaken, but no injury in abdomen.

布袋功是少林功夫中的自衛氣功之一。此功法練成後，腹部軟如棉，堅如鐵，拳脚踢打，毫無疼痛，刀砍搶刺，皮肉無損。

初練時靜坐鼓氣，行氣後按血氣兩分，用手按摩腹部，並要有規律地呼吸，每天四時練功。三年後鼓氣時腹可硬如鐵，吸氣時腹可軟如棉。六年苦練之後可用腹部吸住物體，再用力鼓氣則可將物體彈射出去擊人。十五年後大功告成時，可用腹部抵住綁在樹幹上的鋒利刀尖，鼓氣後可使樹身搖晃歪斜，但肚皮肉無損。

布袋功

Budaigong (the exercise of abdomen)

刀槍不入

Taking the spear of sword

撞擊布袋肚
Dashing against the abdomen

Yudaigong

(the exercise of arms)

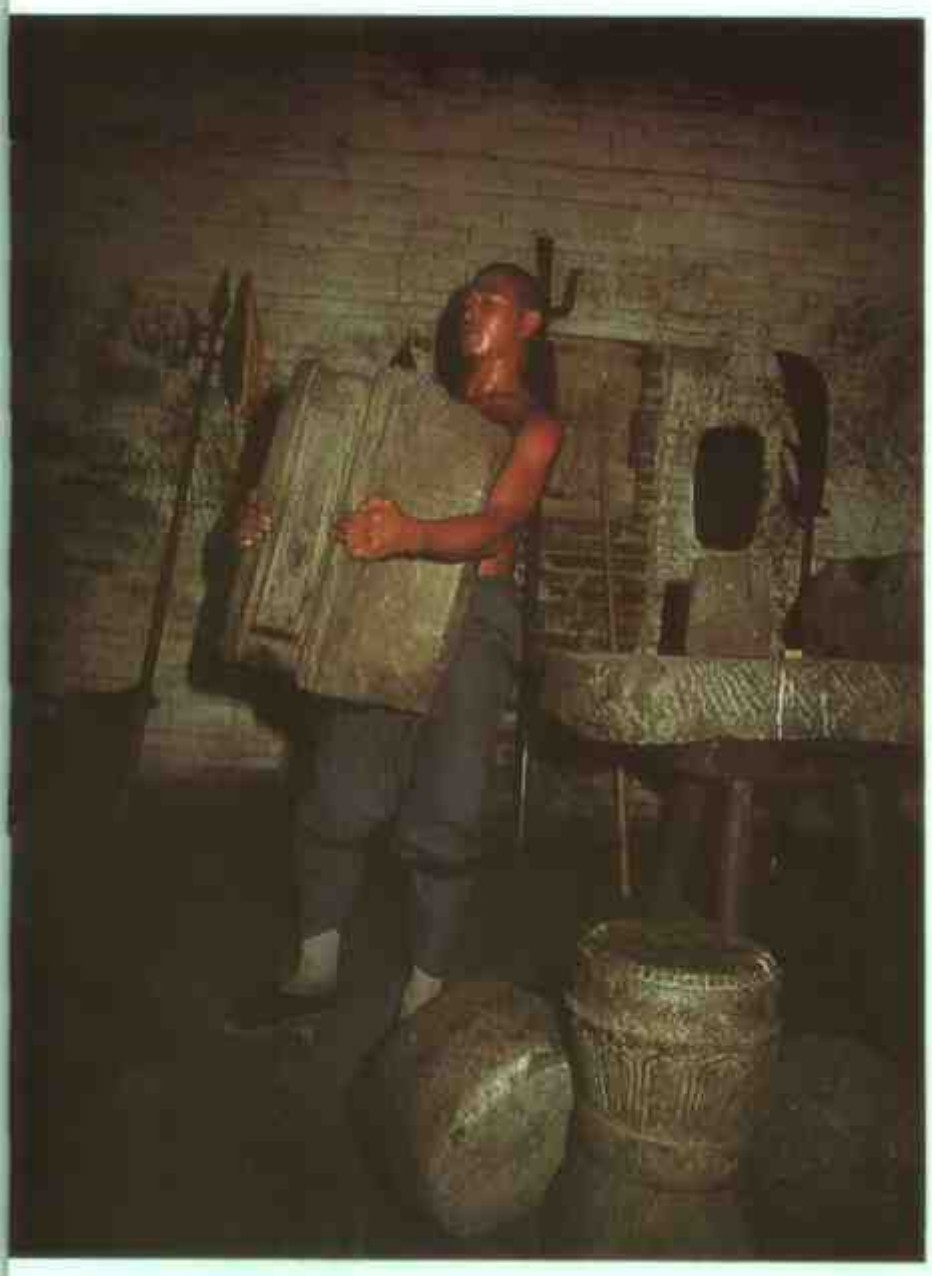
玉帶功

玉帶功又稱彌勒功，是專練人體臂部的功法。在少林武術技法中起着重要的作用。寺僧們經常研練，如敵衆我寡時，用雙手一摟，可以把敵兩人或三人摟撞在一起，使其碰成重傷。如抱住一個敵人，可以將其筋骨摟斷。

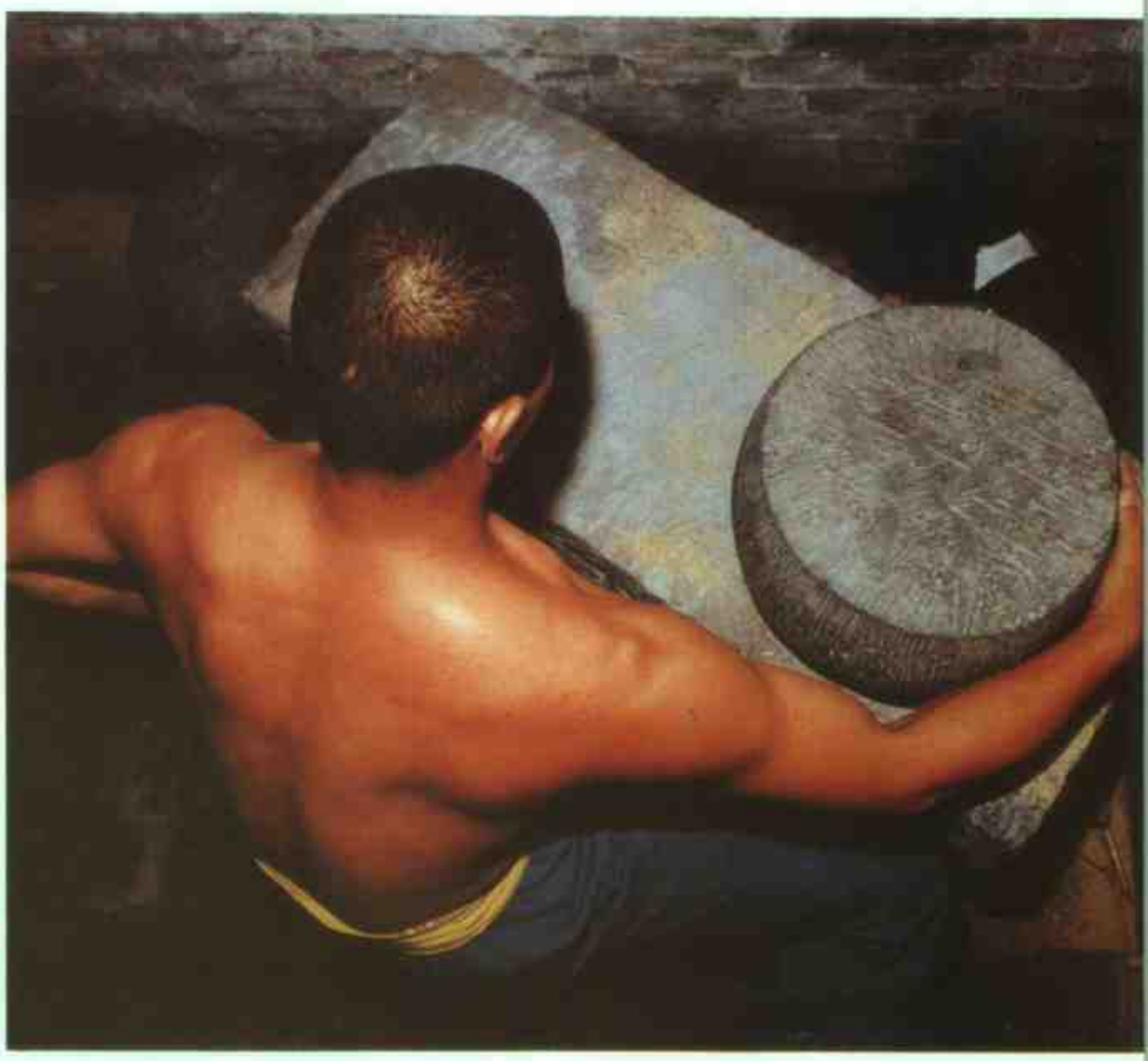
初練此功時，可選擇一棵合抱之樹，身立樹下，微屈膝蹲身，用兩臂緊緊抱住樹身。兩手十指相扣在一起，用力抱持，時時作上提之勢。每天抱數次，每次以力量用盡爲止。經過二年苦練，兩臂、腰、腿之力則大大增加，抱持樹時只須略一搖震，樹身即搖搖欲折，樹葉被震落。待能連樹拔起之後，練抱持石鼓或石軸，由輕至重，依以上方法練習。由于石頭光滑，難以抱持，只有長久苦練，才能增加緊扣之力。這要練三年五年之後，若雙手抱起一千斤重的石鼓，能運用自如，行走靈便，則大功告成。

At the begining of training, stand under a tree which one can just get one's arms around,bend knees slinghtly and squat down, then hold the tree tightly in two arms with two middle fingers buckled and pull up the tree. This kind of training should be practised several times a day and spare no effort. Through two years of this training, the strength of the arms, the waist and the legs would be obviously increased. For example, if you hold a tree in two arms with a slight shake, the tree trunk will be tottering and the branches and leaves of the tree will fall down.

For the next step, have a training of holding a stone drum in two arms. Because the stone is very glossy, so it is very difficult to hold. Only after a long practice a good result can be gained. Through five years of such a training, one can hold a stone drum of 500 kg in two arms and walk nimbly. This exercise plays and important role in Shaolin wushu. For instance, during the fighting against the heavy odds, you can use this Kung-fu to hold two or three enemies in your arms and let them bump against each other. Finall they will be seriously injured. This an indispensable Kung-fu and the Shaolin monks practise it very often.

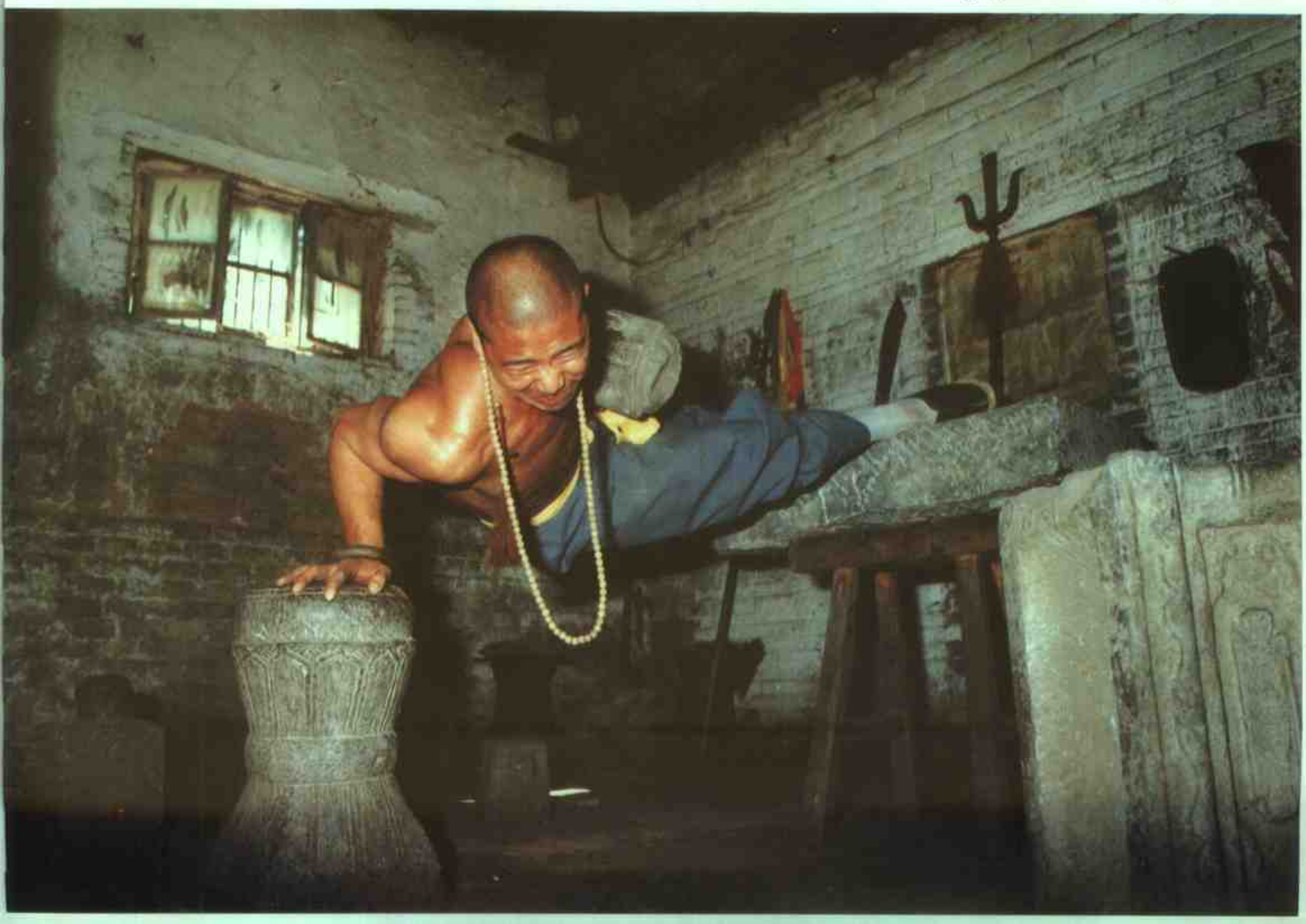


捆石鐵羅漢　Arhat tieing a stone



鐵臂神力　The iron arm

Yudaigong（the exercise of belly）　玉帶功

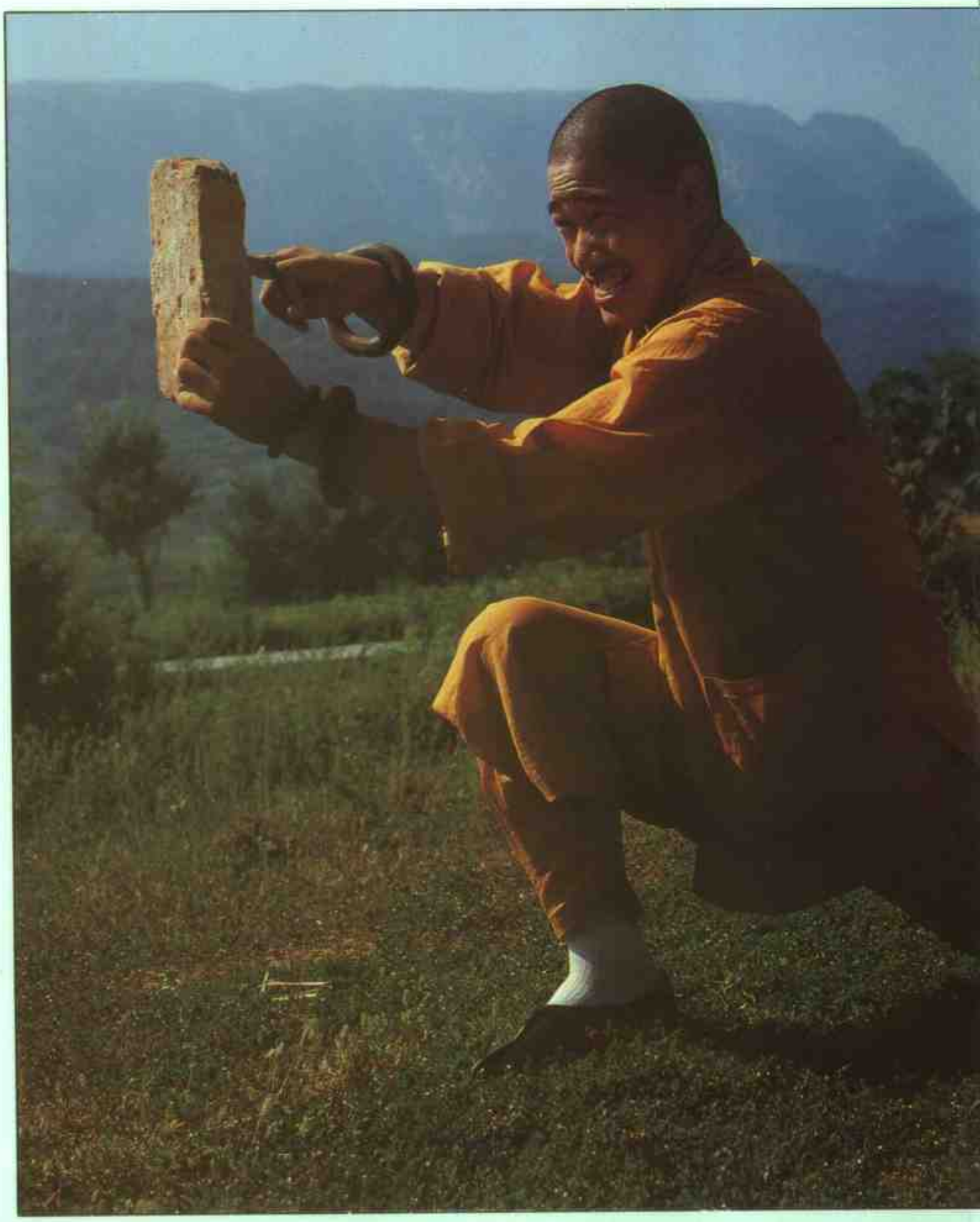


Yizhijin (the exercise of head standing on one finger)

一指金

The Kung-fu of Erzhichan (head stand on two fingers) as is known to all, but the Yizhijin (the exercise of head standing on one finger) is unfamiliar to the public. Its training methods are as follows : concentrate the Qi (a deep breath) from the whole body to Dantian (a acupuncture point bellow the navel), stretch the rigth forefinger to touch the ground, then bend other four fingers with firm grip. After that, raise two legs upwards with the head downwards. This Kung-fu must be trained from childhood, and the best training time is at 4 : 00 a.m. The success of this Kung-fu comes from hard training of dozens of years.

二指禪功夫已衆所知，一指金卻鮮爲人知。一指金即單指扎地，兩腿倒竪，全身重量靠一個指頭支撐。其練法是:將全身元氣上提至丹田，將右手食指伸直，向下點地，其餘四指內屈 握緊，拇指頂住中指，兩腿向上倒竪伸直，頭面向下，略向前探。練此功非自兒童時練起不可。幾十年如一日，方可成功。

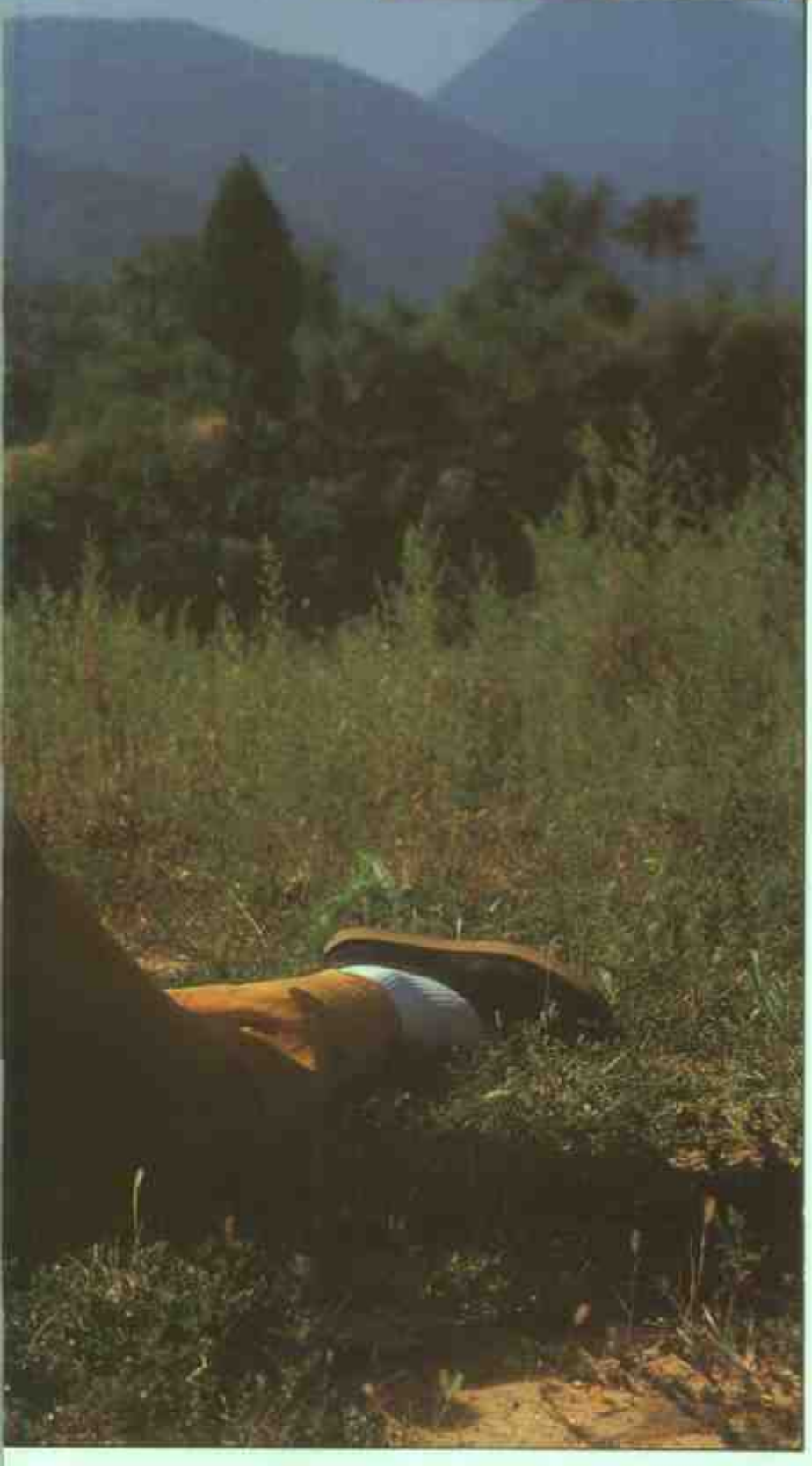


一指金鋼鑽

Drilling with one finger (like a steel drill)

鐵指入木

Drilling a piece of wood with finger



裂石碎磚

Smashing bricks and cracking stones

二指禪

Headstanding on two fingers

Qian Jin Zhui

(the exercise of hafting a big stone attached to the testes with a rope)

千金墜

此功起源于唐朝，當時的僧豐大和尚即是以千金墜著名的少林寺硬氣功大師。練此功難度大，必須熟知氣血經行途徑，并把全身精鋭之氣血集於中庭，下至神厥到任脈。十分鐘後，運氣至陰部睾丸。初練時，輕抓睾丸，每天300～500次。然後再用絲棉布做的繩子捆在睾丸跟部，綁上二公斤重的石頭練習。三年後，吊在睾丸上的石頭增到四十公斤重，此時功已練成。此功練成後，睾丸如果遭到敵人踢、打、抓、砸，絶對安然無恙。

This Kung－fu is originated from the Tang Dynasty. At that time, there was a monk called Seng Feng who was a very famous great master of hard Qiging (the exercise of deep breath control), especially good at the Kung－fu of Qian jin Zhui. It is extremly difficult to learn this Kung－fu.

During the training, firstly concentrate the Qi (a deep breath)from the whole body to Zhongting (a acupuncture point), then direct it to Shen Jue (a acupuncture point) and Ren Mai (a acupuncture point). After ten minutes concentrate the Qi (a deep breath) again to the testes and begin to scratch the testes. Through 500 times of scratching, hang a 2－odd－kg stone block from the testes tied with a silk cloth rope. After 3 years of this kind of training, you will achieve the success of this kung-fu. During the fighting, Your testes are safe from enemy's kicking, snatching and smashing.

千金墜

Lifting a 25-odd-kg stone block attached to the testes with a rope

千金墜

Pulling a stone roller with his testes tied with a rope

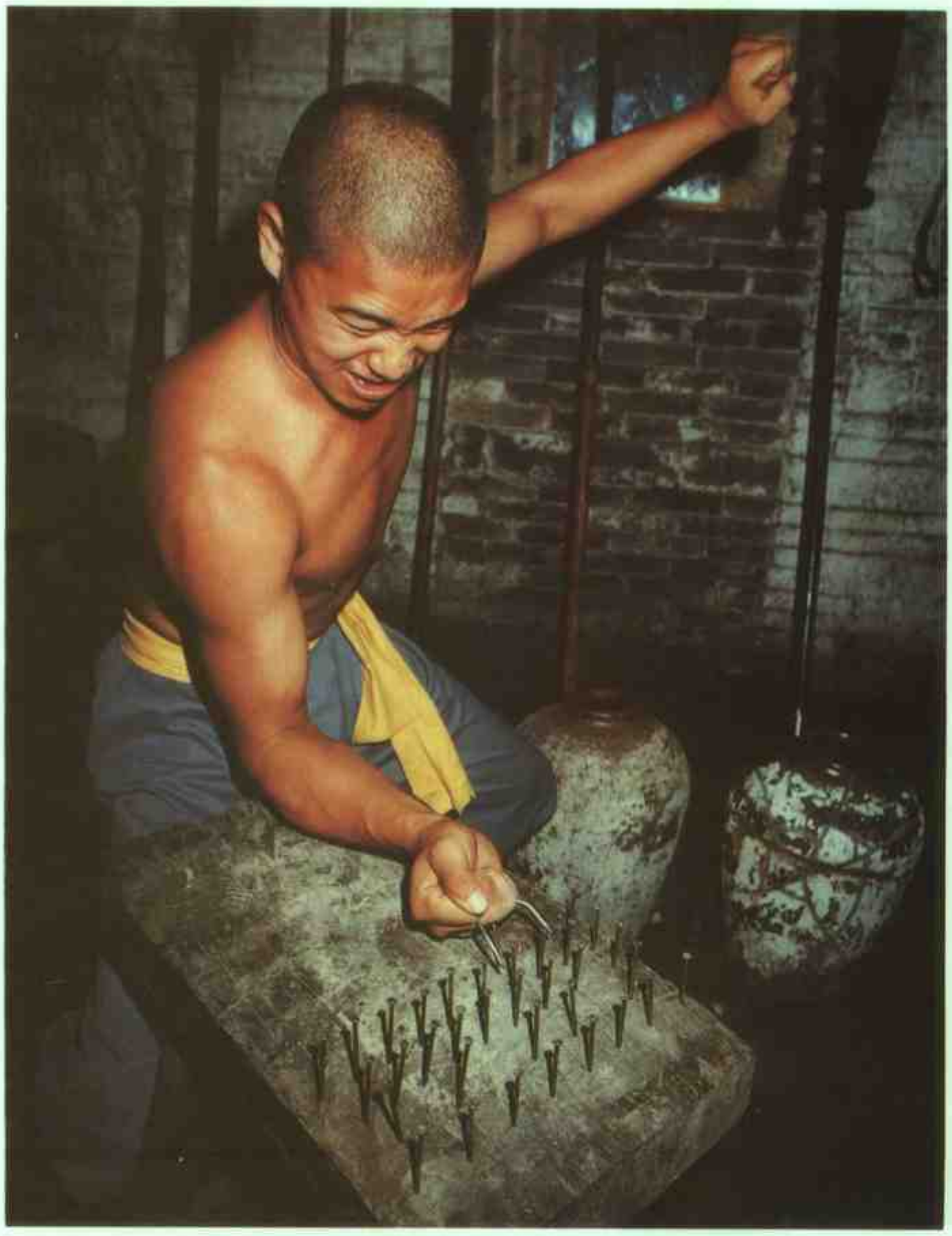
Badinggong

(the exercise of pulling out the nails from a nailed wood plate)

拔釘功

Make a Jujube wood plate,drive 108 nails into a plate, then begin to pull the nails out with the thumb, forefinger and middle finger. If the nails can be easily pulled out, that means the first step of this Kung－fu is accomplished. For the second step, drive another 108 nails of 3 inches long into a wood plate for two inches deep and sprinkle some water on the plate to get the nails rusty. if you can! pull the whole rusty nails out from the plate with facility, you would be crowned with success on Badinggong. It requires 6 years to complete the whole training. Afterwards, in the fighting against the enemy, you can use this kung－fu to pinch the enemy's arms and shoulders, and make them brused and lacerated, even injured in the sinews or bones.

用棗木制成一塊厚厚的木板，將108根三寸長鐵釘砸入木板一寸深，用拇指、中指和食指捏住釘頭徐徐向外拔。練至釘能應手而出，則第一步功完成了。第二步功是將108根二寸長的鐵釘釘入木板，外露五分長，按照第一步功的方法反復練習，釘若能應手而拔出，則爲第二步功成。第三步功將108二寸五分長的粗釘釘入木板二寸深，潑上水使釘生銹，仍照前法反復練習，練至釘能應手拔出時則大功告成。三步功需六年時間。每練功前後，用地穀皮30克，乳香15克，草烏10克、川烏10克，青鹽40克洗浸手指。掌握此功， 在技擊中可抓捏敵人臂膀，輕者令其皮開肉綻，重則使其傷筋動骨。也可抓拿穴道，令其喪力。此功乃是寺僧經常練習的重要功夫。



撥釘功

The exercise of pulling out the nails from a nailed wood plate

Diaogong

(the exercise of hanging from a tree with a rope round the neck)

吊功

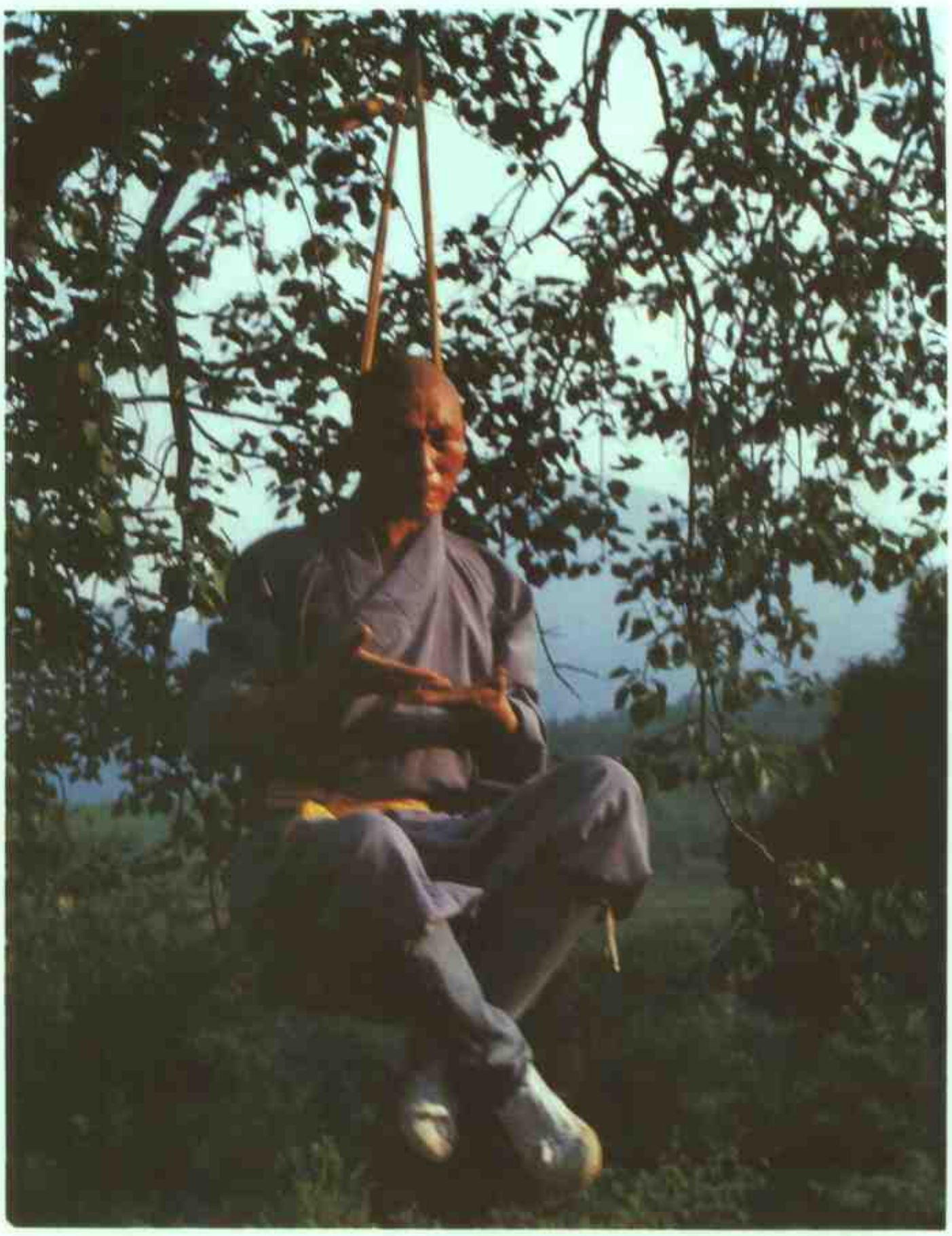
吊功是少林自衛氣功之一，目的在于增于咽侯與腦耳抵禦擊打的能力。練功時氣沉丹田再運至全身，調精鋭之氣至咽喉，用絲綢布搭住咽喉將身子吊起，每次30秒至1分鐘。二至三年後，改用細繩練習吊功，每次5至7分鐘，練至能吊15分鐘左右，此功可謂練成，咽喉任棍棒擊打而安然無恙。練時切不可疏忽大意，要牢記心與力合，力與氣合，陰陽歸一，並要在武師指導之下進行。

This Kung－fu is also one of the Shaolin self－defence Qigong.

The main purpose of this Kung－fu is to increase the ability of throat, brain and ears for resistance against the enemy's attack. During the training, hang the whole body from a tree with a silk cloth rope round the neck, direct the Qi from Dantian to the whole body, at last to concentrate the Qi to the throat.Hang for 30 seconds to 1minute each time. After 2 to 3 years, change the silk cloth rope into a thin rope and hang the whole body for 5 to 7 minutes each time. But an important thing should be mentioned that during the training keep firmly in mind, combine the mind with the energy, combine the energy with the Qi, and practise with the guidance fo the masters.

吊功

Hanging from a tree with a rope round the neck



抵禦擊打

Taking the beating

The Shaolin Fire Exercise

(the exercise of licking a burning hot iron shovel)

少林火功

The fire exercise is one of the most difficult skills of Shaolin Qigong (a deep breath control exercise). The main function of this Kung-fu is to turn the fire power and the steam into the internal energy and use it to defeat the enemy, even to treat the rheumatism. It needs to grit the teeth, lick the tongue very often and cultivats good habits on swallowing the saliva. At the initial stage of training, face a small stone ball, produce the Qi and spit out the saliva on the ball. After two years of such a training, the small stone ball can be moved by the power of spiting the saliva. After that you can try to practise the fire exercise. Lick the burning hot shovel for three times, take in the steam produced from the burning shovel and direct it to Dantian. It requires many years of hard training to be crowned with success on this Kung-fu.

火功是少林氣功較深的一層功夫，即化火力熱氣爲內力，繼而以內力制敵，還可治療腰腿風濕等病癥。練火功者要常扣齒舐舌，養成咽津習慣。初練時，面對一小石球，由近漸遠發氣，向石球吐津液，每天練習三十至五十次，兩年後吐出津液可推動小石球，以後逐步由小石球換大石球再練。然後方可練火功，即把燒紅的鐵棒或鐵鏈用舌頭連舐三次，吸入熱氣，運至丹田。如此苦練多年，禦敵時可運氣吐出熱唾液，燒傷敵人之皮肉。

運氣于掌上

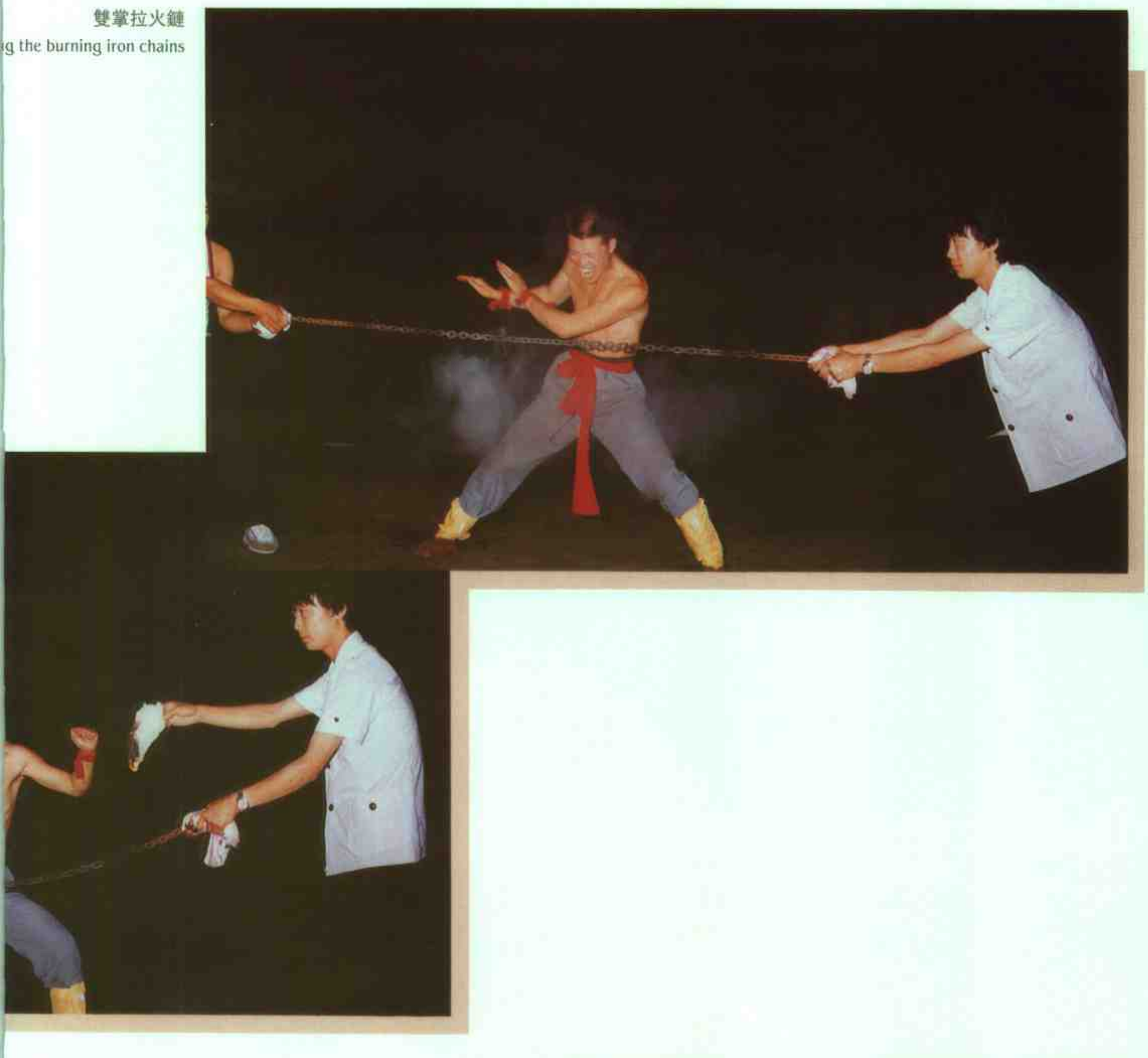
Directing the Qi (a deep breath)to the palm

燒紅鐵鏈

Burning the iron chains

雙掌拉火鏈

g the burning iron chains



皮肉無損

No injury on skin

安然無恙

Safe and sound

舔火後吐的熱氣，可治療腿疾

Licking the burning hot iron shovel and blowing leg disease out

舌舔火鏟

Lapping burning hot iron shovel

The Plum – blossom Stake Exercise

梅花樁

梅花樁着重以練跳躍，使身體輕靈，步法敏捷和眼明手快爲主要目的。初練之時，可在地上用石灰畫梅花若干朵，每朵花相距二尺至三尺不等，每朵花由五個圓圈作花瓣，視一瓣爲一樁。練時必須用單足點在樁上行走。直練至在梅花圖中能來回行走自如，方可正式上梅花樁練習。

正式練習用的梅花樁，用硬木樁五至十根，各長七尺，埋入地下三尺。樁頭直徑二寸，平頭，外用鐵箍加固，每樁相距二尺，中樁立于四樁中央，呈梅花形。先練習在樁上站馬步，初用足心，繼用足跟。最後用足尖站樁。練習百日之後即可在樁上隨意跳躍，然後再在梅花樁上練習少林拳術套路。

梅花桩

plum blossom stakes

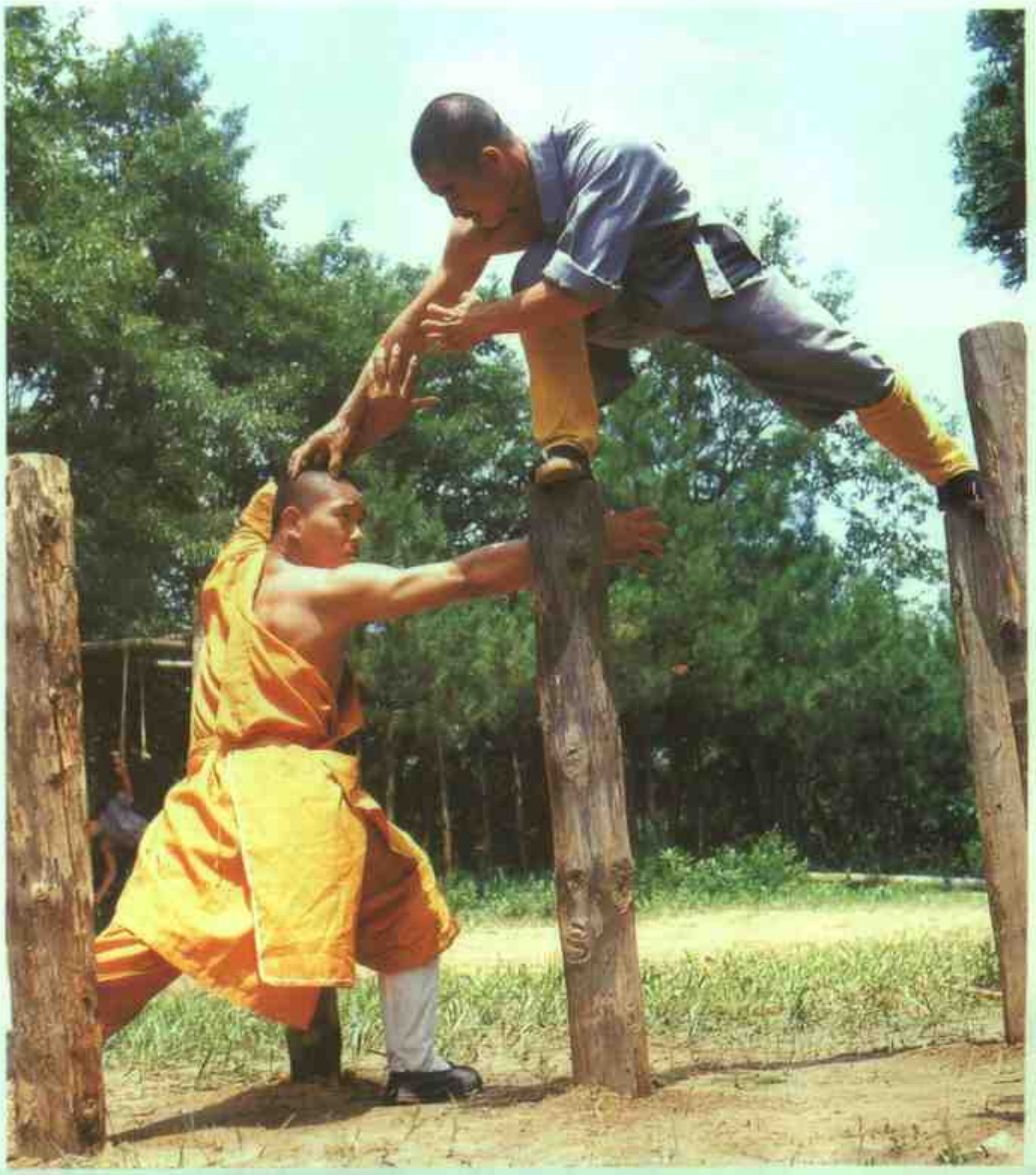
The Plum－blossom Stake Exerise is a light exercise which requires dexterous body movement, quick foot walk and sharp eyes. At the initial stage of training, draw several patterns of plum blossom on the ground and each is one meter from the others. Every flower has five petals, then practise to walk on the patterns. The real plum blossom stakes consist of 5 to 10 stakes which are 2.5 metres long and 2 inches in diametre. The stakes stand some two meters above the ground and each is set at a half meter from the others. the middle stake stand in the center of other four stakes just like a plum blossom flower in shape. During the training, firstly try to stand with the underside of the foot on the top of the stakes in a horse－riding posture. Secondly stand with the heel and, at last stand with the tiptoes. Through a 100－day training, you can walk and jump on the plum blossom stakes freely.

This practise is the routine of Shaolin wushu on the stakes.

椿上雙雄 Two heroes fighting on the stakes

打樁 beating the stakes

悟空與羅漢 The Monkey King and the Arhat



踩樁對打
Fighting on the stakes

金鷄獨立

Standing on one leg

七齡童拜佛

A child worshiping the Buddha on the plum blossom stakes

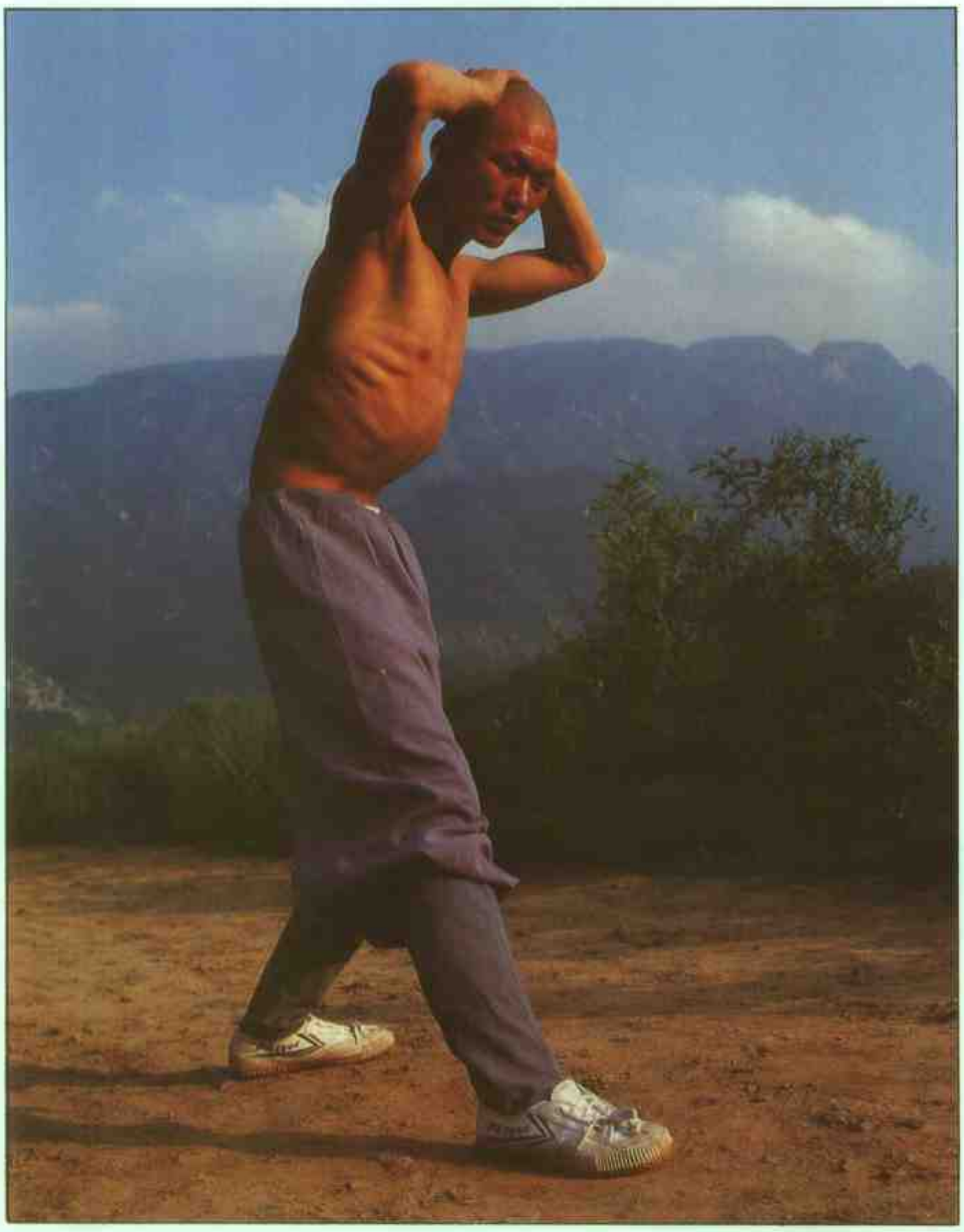
The Yin – Yang Qixigong

(the exercise of attracting something on the belly by Qi)

陰陽氣吸功

陰陽氣吸功是少林氣功最高一層功夫。初練時，氣沉丹田，然後運氣至身體左側，左爲血分，屬陰，血分運動速度慢，氣不可運行過快。停三分鐘後，再發氣沉丹田，而後往身體右側運氣，右爲氣分，屬陽，氣分運行速度較快。調節好氣血運行速度後，猛吸氣三口緩緩吐出，再拿大磁碗一個扣在丹田之上，發出陰陽氣功後，此碗吸力達九百斤。此功練成後，遇敵兵器打擊腹部時，以陰陽氣功可吸住敵兵器，再反過來打擊敵人。

The Yin – yang Qixigong is the top Kung – fu of Shaolin Qigong (the exercise of deep breath control). At the begining of training, direct the Qi (a deep breath) down to Dantian (a acupuncture point below the navel), then to the left side of the body which belongs to blood part with a slow movement. After 3 minutes, breathe in again and direct the Qi (a deep breath) to Dantian, then to the right side of the body which belongs to the Qi part with a quick movement. After adjusting the movement of blood and Qi. breathe out slowly for three times. At this moment, cover the Dantian with a big inverted bowl. it will not loose because it has a strong attracting power of 450 kg by the Qi. After a succeful training of this exercise, the belly can attract a enemy's weapon and cause the enemy helpless waiting for death.



陰陽氣

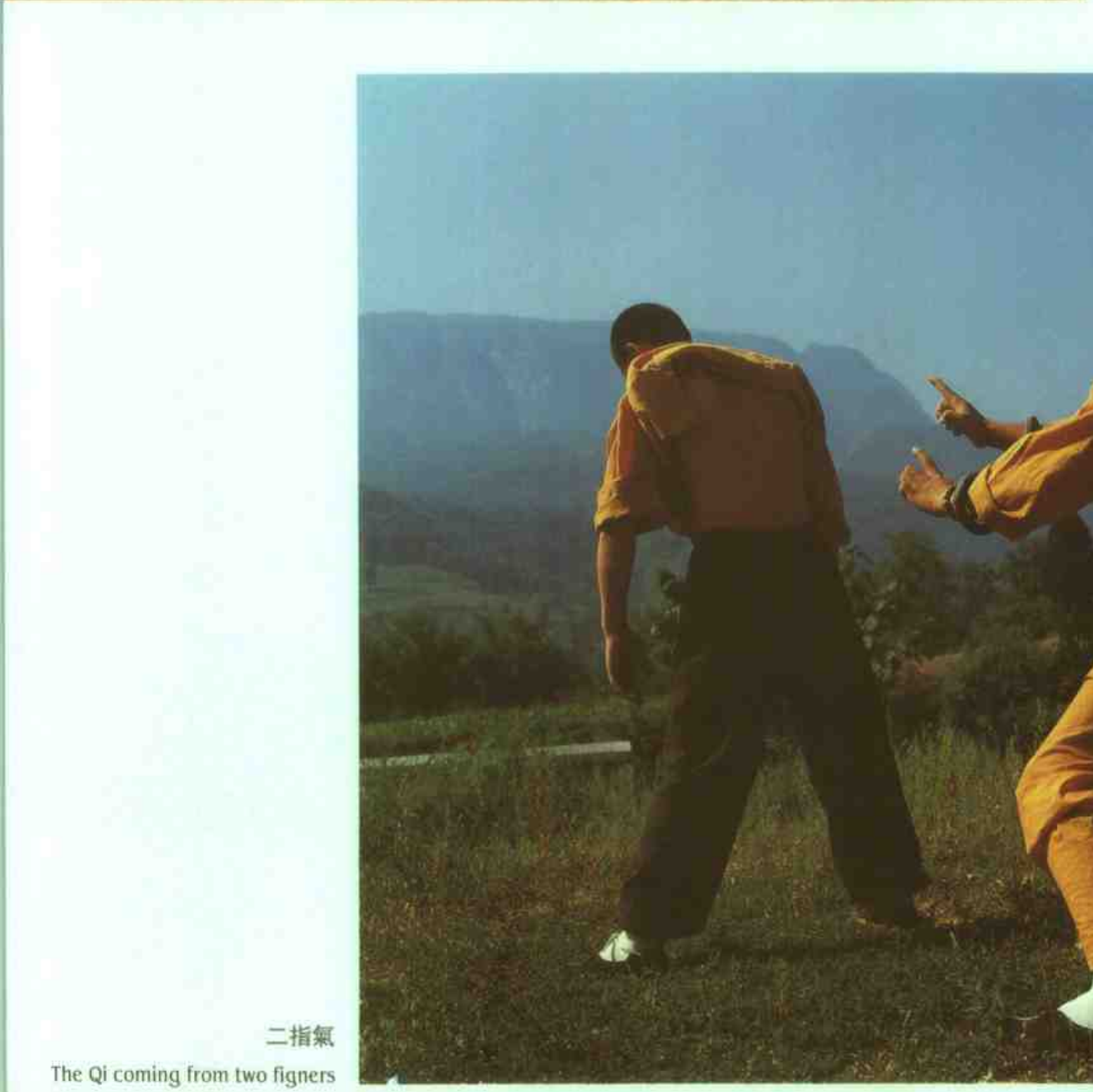
Yin – yang (negative and positive) Qi (a deep breath)

氣運丹田

Directing the Qi to Dantian (a acupuncture point bellow the navel)

堅逾金石

Taking a heavy blow



點穴

Pressing a acupuncture point

二指氣

The Qi coming from two figners

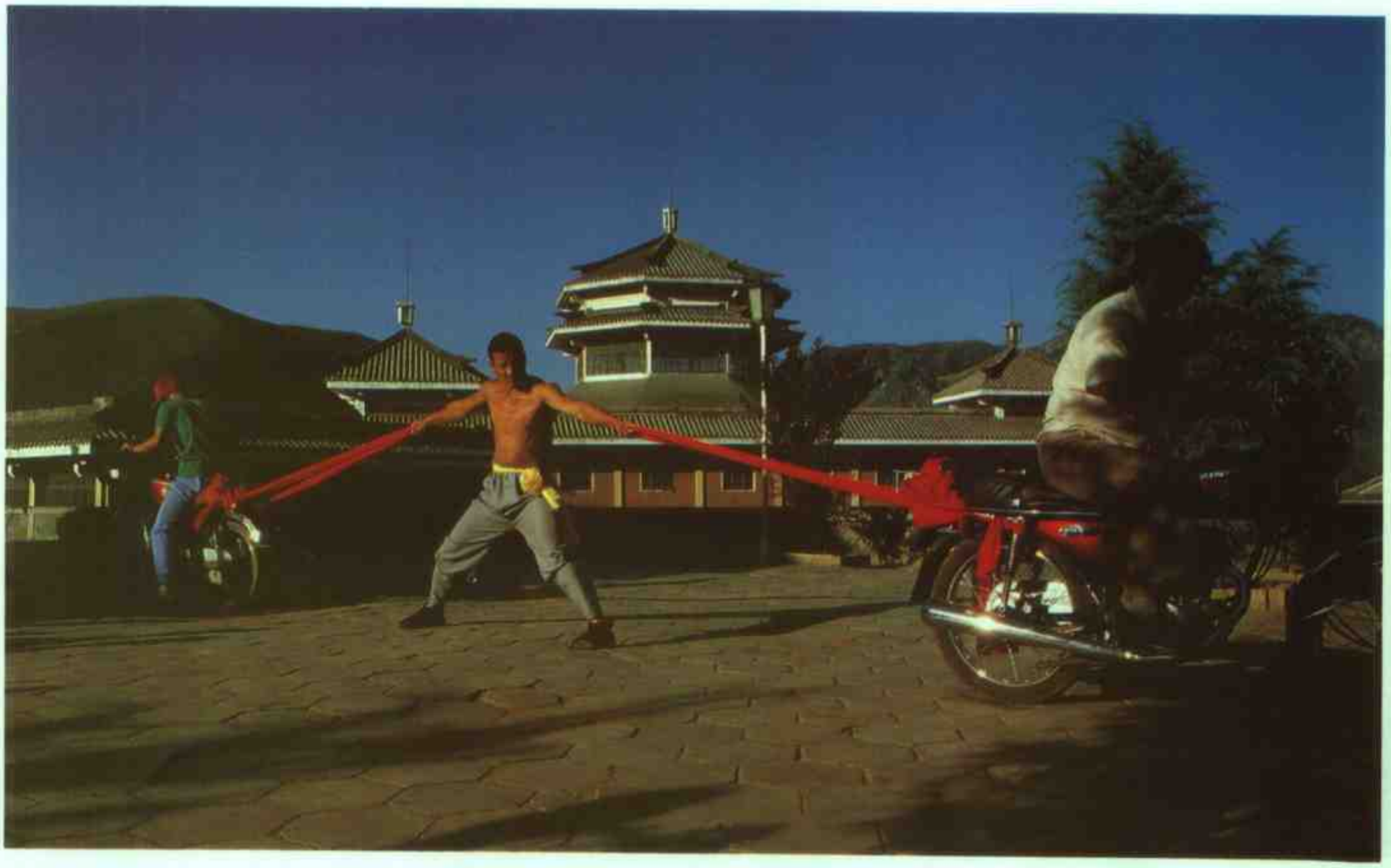
喉斷金槍 Breaking the spear with the throat

鐵肚

The iron abdomen

鋼牙舉車

Lifting a bicycle with the teeth



拉摩托 Pulling a motorbicycle

吹燈功 The exercise of blowing the lamps by the Qi produced from fingers

氣功導電 Conducting electricity through the whole body

銀槍刺喉鐵臂開磚

Smashing bricks piled on the arms while the throat withstanding the spear

'90中国河南国
INTERNATIONAL SHAOLIN WU

鐵臂斷棍 Smashing the cudgel with the arm

The Light Exercise
輕身術

輕身術乃少林功夫中的軟功之一。功成之後可踏雪無痕，蹬萍渡水。對敵時則身法輕靈，出招迅捷，趨避自如。

初練時置大口瓷缸一個，缸內盛水550斤，兩腿綁附四斤重的鐵砂袋，在缸沿上行走，每月取出清水15斤，砂袋裏加鐵砂1斤，直至缸內清水取盡，捆綁在腿上的鐵砂袋已重至40斤，此須三年苦練，然後改用大籮筐盛黃沙500斤，腿綁5斤重的鐵砂袋，沿筐沿行走，每半月從筐內取出黃沙10斤，砂袋裏加鐵砂，直至黃沙取盡。然後鋪半尺厚的黃沙通道，寬2尺，1丈以上長，上鋪薄桑皮紙一尺厚，身上仍負55斤鐵砂，在紙上行走，每天去紙兩張，每月加重鐵砂半斤。十年後桑皮紙取盡，身上負鐵砂已達115斤，在沙道上行走不留腳印，即練成少林正宗的"踏雪無痕功"。去掉身上所負鐵砂，則身輕如羽。可蹬萍渡水。但在練功時必須精神集中，心無所思，排除雜念，中氣上提。更要循序漸進，持之以恒，切不可貪功躁進或半途而廢。

The light exercise is one of the soft exercises of Shaolin Kung－fu. Following the success of this Kung－fu, one can walk on the snow without any footprints and cross the river on the duckweed.

At the initial stage of training, take a large vat of 300kg water tie two legs with the iron sand bags weighing 2kg, and walk on the edge of the vat. From then on, take out 8kg of water from the vat every month and add half a kilo of iron sand to th bag tieing round two legs. Untill the water in the vat is taken all out, the iron sand bag had been increased to 20kg in weight. After three years of hard training, take a large bamboo basket instead of a vat, filling with 250kg of sand, walk on the edge of the basket. Afterwards, pave a fine sand path which is 70cm wide and 3.5 meters long. Then spread a pile of paper which is 33cm thick on the sand path, carrying with 30kg of iron sand, walk on the paper. After 10 years all the paper has been taken off from the sand path and try to walk on the sand path directly with 55kg of iron sand on the back and no feetprint to be seen on the sand path. Only at this moment the light exercise is accomplished.

草上飛

Flying over the grass

塔上飛腿
Fighting on the pagodas

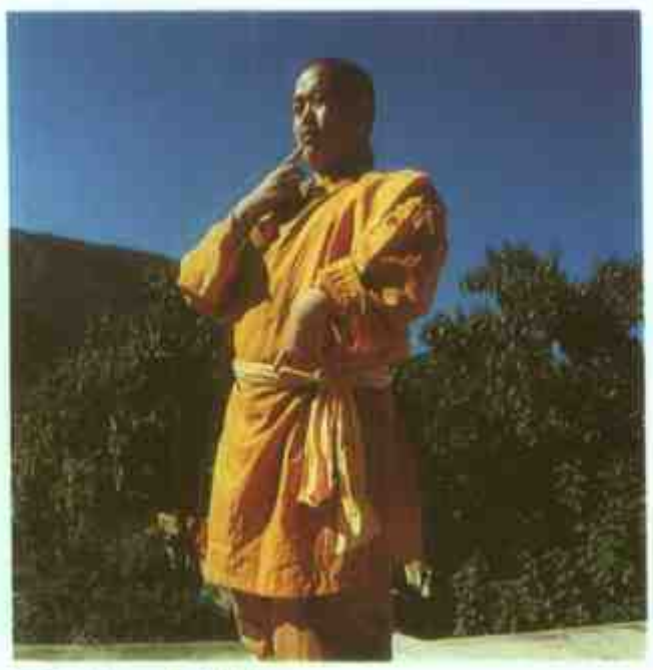
走鍋沿兒
Training on the edge of a cauldron

騰空拜佛
Worshiping the Buddha in the air

The Twelve Methods of Being Healthy and Strong

健身十二法

髮常梳，髮不脫 The hair needs to comb frequently for preventing trichomadesis



面常擦，少皺紋 The face needs to rub frequently for preventing wrinkles

頭要常轉，明目醒腦 The head needs to turnround frequently for keeping the eays bright and the brains clear

抱耳敲後腦，固腎耳不聾
The ears need to knock frequently for keeping the kidney healthy and ears sound

預備式，在室外一般採用"站式"。兩脚分開，寬與肩同，足尖正對前方，兩手叉腰，凝神靜氣，排除雜念。

一、髮要常梳，功能：烏髮不脫

雙手十指彎曲，手心朝下，用指甲從前額髮際向後梳十六下。無論長、短髮或光頭，均按此法梳。輕重要恰當，覺得舒適即可。

二、面要常擦，功能：減少面部皺紋

先將兩手搓熱，隨即輕擦面部，雙手同時上下磨擦十六下，接着兩手在面部左右旋轉十六下，而後再用手中指從眼角向下抹至鼻孔外側，亦是十六下。接着再用兩掌根從眼角抹至眼梢十六下，最後兩手拇指從左右太陽穴起，抹至頭後部十六下。搓手時須吸足一口氣不呼出去，使勁速搓七十二下，手心發燙爲止。磨擦各部，要依次進行。

三、目要常運，功能：防止各種目疾

兩手十指交叉置于後腦，成抱頭狀。然後眼皮輕閉，眼球先從左至右運十六次。再從右至左運十六次。眼球旋轉時要盡量沿眼眶邊緣轉。

四、齒要常扣，功能：固齒不落。

繼前式，手仍抱頭，上下唇閉合，下頜盡量張開，猛扣上下牙作響，如此扣三十六下。扣時不要太快，每一呼吸，扣響四下即可。

五、舌要常舐，功能：預防喉炎。

兩手仍作抱頭狀，上下唇輕輕閉合，舌在口腔內，從左向右旋轉着舐，再從右向左旋轉着舐，共三十六記，最後輕舐上腭。舐時舌尖在齒內進行，平時應養成舐上腭習慣。

六、津要常咽，功能：助消化，擊心火。

在扣齒舐舌後，口內産生津液，應及時咽下，咽時最好以出"咕"之聲響，把它咽到丹田。平時應養成咽津習慣。

七、耳要常敲，功能：固腎耳不聾。

用兩手心將耳廓由後朝前捂緊，這時手指均在後腦貼着頭皮。開始左手食指叠在中指上，然後左手食指突然滑下，敲在後腦旁。繼而用右手食指叠在中指上，食指突然下滑，敲在後腦旁，共敲四十八次。注意，敲時手必須將耳捂緊。

八、頭要常轉，功能：明目醒腦。

頭先向左轉，頭頂仍朝天，轉至不能再轉時止，眼也同時跟着頭轉，往後瞧。直至不能再往後看爲止。繼則頭再向右轉，方法與向左轉同。左右各八次。做完上式，面仍朝正前方。這時頭再左右搖擺各八次，頭正以後，再前俯後仰各八次，最後左右旋轉各八次，頭旋轉時，雙目微閉合。

九、腹要常揉，功能：固精養氣。

先將兩手心搓熱，左手心按住左腰部，右手心同時捂住小腹"丹田"處，順時針轉動，按摩三十六圈。繼則再搓手心，右手心按住右腰，左手捂住小腹"丹田"，逆時針方向轉動，按摩三十六圈。

十、足要常擦，功能：鍵步並排除脚氣。

此法只能坐着練，先將左足置放在右腿上，用右手掌擦足心"涌泉穴"三十六記，繼則將右足放在左腿上，用左手掌著足心"涌泉穴"又三十六記，兩手同時擦也可，但不宜太快。

十一、小便時，牙齒要咬緊。

十二、大便時，眼睛要閉緊。

上述"十二法"，屬于健康長壽方面的衛生學。按照《强身不老法》、《房中八段功》、《易筋經·内經》等編合而成，堅持鍛煉，年過古稀。能保持耳聰目明，手足靈便。

Preparation : Stand with the feet apart as wide as shoulder, tiptoes direct forward with arms akimbo. Get rid of all distracting thoughts with rapt attention.

1.) The hair need to comb frequently.

Function : Keeping the hair black without any trichomadesis.

Method : Crook ten fingers slightly with the palms center downward. Comb the hair evenly for 16 times from the forehead to the back of the head and feel comfortable.

2.) The face needs to rub frequently.

Function : Reducing wrinkles on the face.

Method : Rub two hands warm at first, then rub the face up and down slightly for 16 times. Afterwars, two hands revolve on the face from left to right for 16 times then rub the face with two middle fingers from the corner of the eye to the outside of the nostril for another 16 times. After that rub the face with two palm roots from the corner of the eye to the tip of the eye for 16 times. At last rub the face form the temples to the back of the head for another 16 times. When rub the hands, it requires to take in a deep breath and rub quickly with all strength untill feel warm in the heart of the hand.

3.) The eyes need to turn round frequently.

Function : Preventing eye diseases.

Method : Intersect the ten fingers and put them on the back of the head. Afterwards, close eyes slightly, turn the eye balls round from left to right, then from right to left for 36 times.

4.) The teeth need to grit frequently.

Function : Keeping the teeth firm.

Method : Continue from last posture. hold the head still in shoulders. Close two lips, open two jaws and grit the teeth strongly and loudly for 36 times.

5.) The tongue needs to lick frequently.

Function : Preventing from the laryngitis.

Method : Still hold the head in shoulders. Close two lips slightly, lick the oral cavity from left to right, then lick the upper jaw slightly for 36 times. At ordinary times, cultivate good habits of licking the upper jaw.

6.) The saliva need to swallow.

Function : Aiding digestion and relieving inflammation.

Method : After grit the teeth and lick the tongue, the saliva will be produced in the oral cavit. Then swallow th saliva timely down to Dantian (a acupuncture point bellow the navel). Ordinariy cultivate good habits of swallowing the saliva.

7.) The ears need to knock frequently.

Function: Keeping the kidney healthy and the ears sound.

Method : Cover two ears tightly with two auricles by two palms. Pile up the left forefinger on the middle finger, then slip down suddenly and knock the back of the head. Afterwards, knock another 24 times with right forefinger.

8.) The head needs to turn round frequently.

Function : Keeping the eyes bright and the brains clear.

Method : turn the head to the left and the eyes follow the head watching back, then turn to the right. After 8 fimes of turning to the left and the right, shake the head from left to right for another 8 times. Afterwards, face upward and look down for 8 times. At last the head revolves for another 8 times with eyes slightly closing.

9.) The belly needs to rub frequently.

Function : Conserving strength and storing up energy.

Method : Rub two hands warm. Press the left side of the waist by left palm, cover Dantian (a acupuncture point bellow the navel)by right palm, move clockwise and massage for 36 circles. Afterwards, rub two hands warm again. Press the right side of the waist by right palm, cover Dantian by left palm, move counter clockwise and massage for 36 circles.

10.) the feet need to rub frequently.

function : Keeping strong step and getting rid of the beriberi.

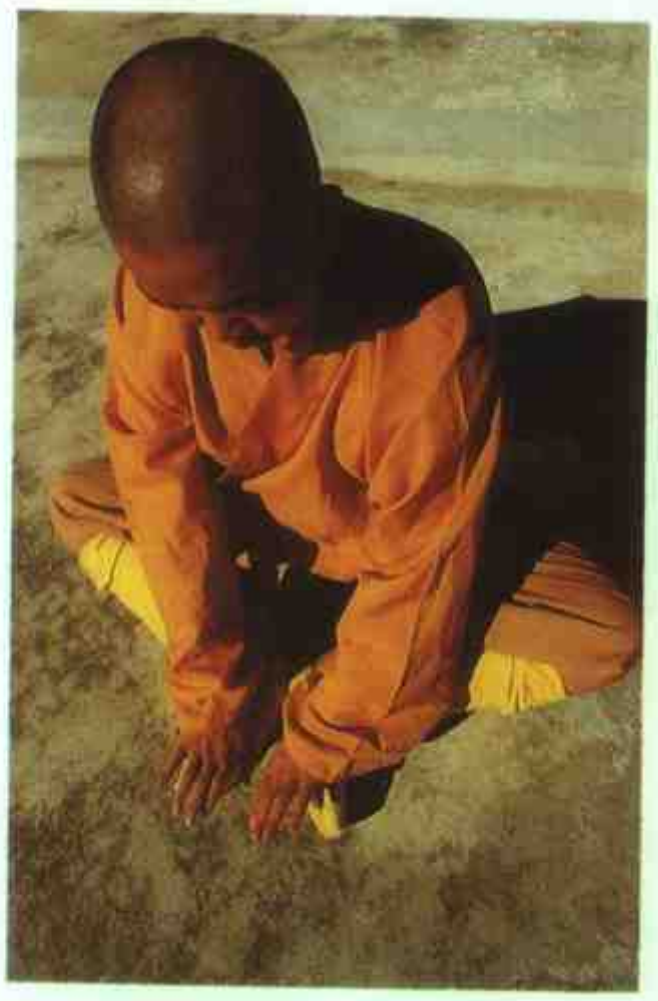
Method : Sit somewhere, put the left foot on the right leg, then rub the underside of the left foot by right hand for 36 times. Afterwards, put the right foot on the left leg, then rub the underside of the right foot by left hand for another 36 times.

11.) Clench the teeth when make water.

12.) Close the eyes tightly when go to stool.

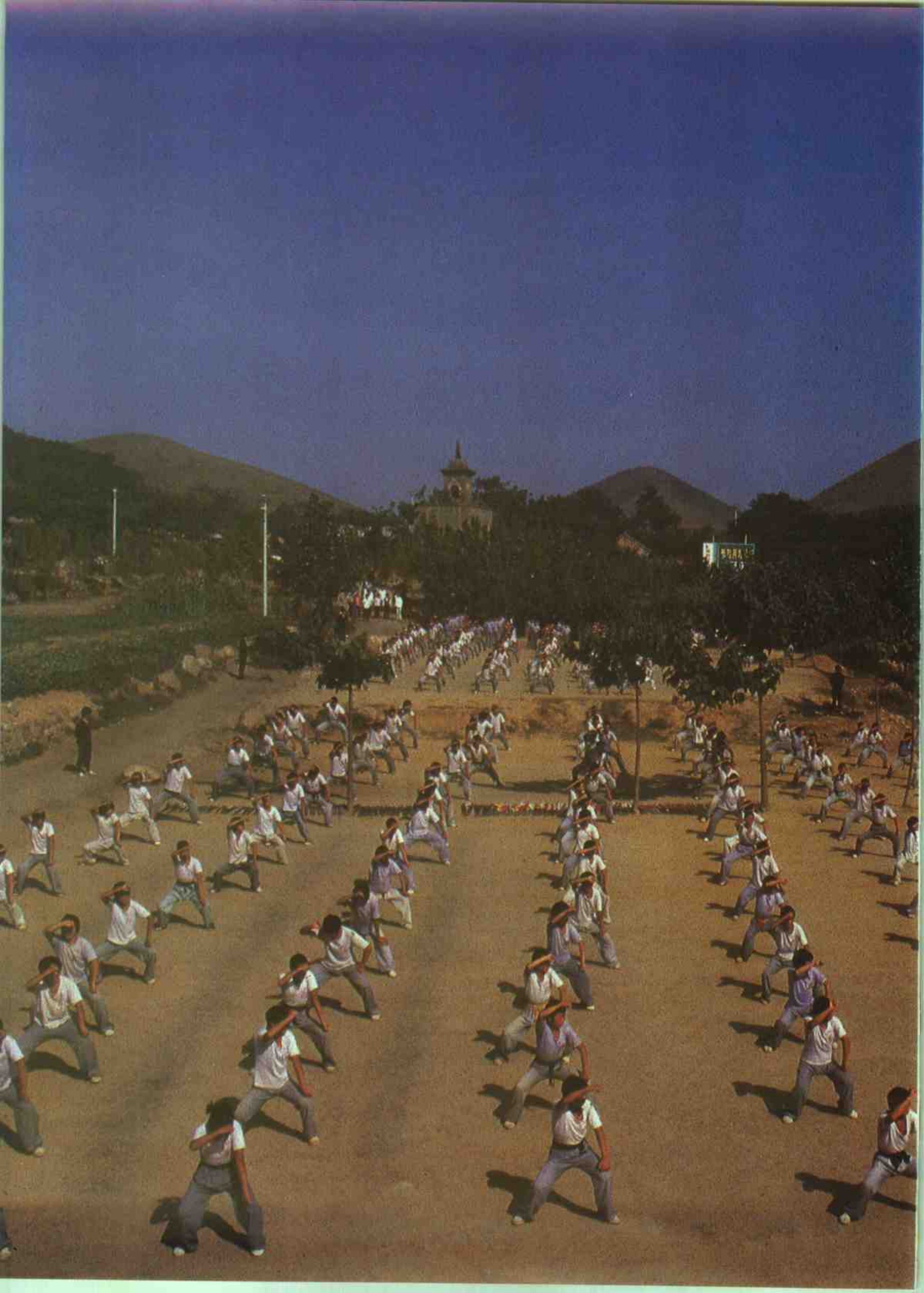
The above twelve methods belong to the hygienics of longevity and good healgh.

腰要常揉、固精養氣 The belly needs to rub frequently for conserving strength and storing up energy



足要常搓、健步除脚氣 The feet need to rub frequently for keeping strong steps and getting rid of the beriberi

便時牙齒咬緊、眼睛緊閉、壯陽固腎 Clenching the teeth and closing the eyes tightly when passing motions and water



光大少林

Carrying forward the spirit of Shaolin Monastery

［Ｇｅｎｅｒａｌ　Ｉｎｆｏｒｍａｔｉｏｎ］
书名＝少林武功
作者＝
页数＝１５８
ＳＳ号＝１１５９３２６３
出版日期＝１９９２年０２月第１版